





metronews.ca | twitter.com/metroedmonton | facebook.com/metroedmonton

Tuesday, October 9, 2012



#299, 10150 JASPER AVENUE Tel: 780-422-3377 WWW.CITYCENTREDENTAL.CA

LOCATED ON 2ND FLOOR,

**C**OMMERCE **P**LACE New Patients Welcome INSURANCE PAYMENTS ACCEPTED

SEE YOU AT

Dr. Simi Soin & Dr. Yolande Desrosiers, General Dentists

## Justice minister not sold on vehicle seizures



**Hesitation.** Jonathan Denis says he's heard complaints from civil-liberties groups, wants to see other approaches first



**JEREMY** NOLAIS

Alberta's top political crimefighter is tapping the brakes on a proposal to automatically seize vehicles if drivers are caught travelling well in excess of the posted speed

Justice Minister and Solicitor General Jonathan Denis said while the ultimate decision on the idea — which has gained the backing of both the Calgary and Edmonton police chiefs in recent weeks — will be left in the hands Transportation Minister Ric McIver, he would like to see other options explored to curb speeding first.
"I would like to pursue

#### Quoted

"I think the best public policy is not formed with a knee-jerk reaction."

Justice Minister and Solicitor General Jonathan Denis

all other avenues before we go down that road.... I think the best public policy is not formed with a knee-jerk reaction," Denis said.

McIver has said his ministry is exploring the idea Edmonton police Chief Rod Knecht, who heads the Alberta Association of Chiefs of Police, will make a pitch on the matter in the fall.

Earlier this year, Knecht suggested drivers speeding excessively, over 50 kilometres above the limit, aren't getting the message through fines and demerits and seizures are necessary to get them to slow down.

Denis did note that Alberta police already have the power to seize vehicles in extreme cases, such as street racing

#### By the numbers

- Talk of automatically seizing vehicles caught aoina more than 50 km/h over the speed limit comes as data provided by the justice ministry to Metro suggests the total number of Alberta motorists caught at such rates is actually declining.
- In all, 1,332 drivers were convicted for travelling at such high speeds in the 2007-08 fiscal year, but that number dropped to 1,003 in 2010-11 and rose just slightly to 1,035 in 2011-12.

and driving without a licence. Former Airdrie specialconstable-turned-court-agent Dean Marsh said each incident should be left to the officer's discretion.

"I don't think we need to automatically seize vehicles, he said. "You have got to look at all the circumstances.



**BUY 1 GET 1** 



Quiznos





ON NOW AT YOUR ALBERTA CHEVROLE DEALERS. Albertactivevoiet.com 1-800-GM-DRIVE. Chevrolet is a brand of General Motors of Canada. "YVYI+") Offices apply to the purchase of a 2012 Cluze IS Air & Auto (R7D), 2012 Equinox LS (R7B), 2012 Silverado EXT (R7D) equipped as described. Frequent included (R51,489), License, insurance, legistration, PPSA, another the combined with which may not the clears. We are subject to character with a sproved craft of the subject to character for deals. We predefend the which may not the clear with a sproved craft of the subject to character w









### CASH FOR CLUNKERS

DO YOUR PART FOR THE ENVIRONMENT BY UPGRADING YOUR OLD VEHICLE TO A NEW PICKUP.

Recycle your 2006 model year or older vehicle and receive up to \$2,500 towards the cash purchase, financing or leasing of an eligible 2012 or 2013 Chevrolet Silverado Light Duty.



FOR MORE ALBERTA OFFERS VISIT

ALBERTACHEVROLET.COM



#### Restriction.

### Dog breed legislation debate continues

There is public support for the removal of legislation that restricts dogs by breed, says a new city report.

There are currently

restrictions and rules in Edmonton regarding the ownership of mixed-breed American Staffordshire and Staffordshire bull terriers, often referred to as pit bulls.

The report, to be discussed by a council committee Tuesday, states that support comes from data and policy research, as well as recent consultation with dog owners, non-dog owners, off-leash park users and industry experts "More than 80 per cent

of people feel that the dogs that cause problems are usually the dogs who have owners that do not look after them or do not have the proper training," said Coun. Amarjeet Sohi.

Public consultation also revealed that 56 per cent of respondents supported breed-specific legislation, but that 44 per cent also said owners should be held more accountable.

Jean Coates is the organizer of Edmonton's Off Leash Walking Group, where some members own the restricted breeds.

"I agree that some breeds of dogs have more aggressive tendencies than others, but I really firmly believe that it's the owner of these breeds that can either develop aggressive instincts or socialize the aggression as a young puppy," she said.

If the committee wants to change the bylaw and

council approves it, administration would bring back a one-year update on dogbite numbers

HEATHER MCINTYRE/METRO



### **Expired parking meter** fines may rise in 2013

**Increase.** Administration wants councillors to support \$15 fine hike, among others



**HEATHER** MCINTYRE

Running late could get pricey, as the city is consid-ering increasing the fine for overstaying at parking meters to \$50 from \$35.

According to a report to be discussed by a council committee Tuesday, parking meters are intended to ensure turnover, reduce allday on-street parkers, and

encourage other modes of transportation to commercial areas.

The current fine isn't having enough of an impact, notes the report, as there has been a 65 per cent increase in expired meter parking violations since 2006, including 52,673 last year.

"This increase suggests the existing fine amount of \$35 is not having the desired deterrent effect nor acting as a high enough punitive measure to correct over-stay behaviour," reads the report.

Despite that, Coun. Kerry Diotte isn't so sure about the move.

"I think it's kind of a

knee-jerk thing to do," he "I don't think we necessarily have to just jack up fees because we can." Further justification for the suggested increase

is how much lower Edmonton's fines are when compared to other large Canadian municipalities.

Canadian municipalities.

According to the report,
fines are \$50 in Calgary, \$60
in both Ottawa and Winnipeg, and \$70 in Vancouver.

Edmonton also offers a
"Plug and Leave" program,
which sees 14,000 tickets
cancelled each year as drivers either pay up or drive
away if they witness an ofaway if they witness an officer writing them a ticket. Most meters are also free of charge after 6 p.m.

- Other suggested fine increases include \$75 from \$50 for parking in a nopark zone, no-stopping zone, restricted zone or without a required permit, as well as an increase of \$100 from \$50 for parking a heavy vehicle in a residential area
- According to the report, city administration is anticipating a \$2-million increase in revenue if the bylaws are changed. If approved, the fines would rise on Jan. 1,



#### 2006 Carrera 4S Cabriolet 3097A Arctic Silver Metallic

33,023 kms \$69,900



2012 Panamera Turbo S

12PAN0005 Mahogany Metallic PW8113A Carrara White 33,934 kms \$159,900



#### 2009 Carrera

25,551 kms \$74,900

#### **Dream wildly. Rest easy.**

Porsche Approved. Certified Pre-Owned Vehicles.

Presenting a rare instance of opposites happily co-existing. With the Porsche Approved Certified Pre-Owned Program, you will find yourself behind the wheel of a vehicle that's been meticulously inspected and reconditioned by a certified Porsche technician, then backed by an industry-leading limited warranty. Which means you can rest easy knowing you've made not only a dream purchase, but a sound one too. Visit our website to learn more, or experience the thrilling sense of security for yourself only at your authorized Porsche dealer, Porsche, There is no substitute.



17820 Stony Plain Road, Edmonton, AB (780) 426-3000 www.porsche.ca/norden



## Restoring a sign of the past

Fix-up iob. Bringing neon signs from city's history back to life is a labour of love for local sign shops

When the old 16-by-seven-foot Canadian Furniture neon sign first came to Blanchett Neon, it was in rough shape. Rusty pieces of metal housed pigeons and their droppings, and the paint had long since peeled away.

Months later, thanks to over 100 hours of volunteer labour from employees, the sign is restored to the bright red, yellow and black of its heyday - and is ready for what will be a celebration of the history of neon signage in Edmonton through an outdoor museum downtown.

Blanchett Neon president Daryl Blanchett said restoring the sign required welding sheet metal, spray and hand painting the lettering, and wiring and preparing 20 units of glass tubing for neon gas.

"The double-sided, can-

tilevered style of this sign meant we had to put structure first and aesthetics second, said Blanchett. "We liked the challenge of restoring the sign using the same methods as back then — hand-painted decals and the neon glass but they would've used lead back then. And everyone who worked on it signed their name. This will be unique in

Blanchett said his is the first sign completed. "We can hang the neon

tubes now — we're ready to

The museum is set to light

up by next spring.
"The area is already experiencing revitalization, so I'm excited the neon museum will become part of that vibe," said Barb Ursuliak, Street-as-a-Venue officer with the city.

LUCY HAINES/FOR METRO







- A dozen neon signs will come back to life on the side of the Telus building at 104 Avenue and 104
- Local sign shops and members of the Alberta Sign Association are

volunteering supplies and man hours to restore the vintage, wellremembered signs from decades past, including ones from Mike's News, Cliff's Auto Parts and the Princess Theatre.

#### **Tainted beef. CFIA to** conduct inspection of plant at the centre of recall

The Canadian Food Inspection Agency will be con-ducting a detailed assessment on Tuesday of the Alberta processing plant at the heart of a massive tainted beef recall.

The review follows a written request from XL Foods Inc. to have its licence reinstated.

A slew of problems were uncovered following the discovery of E.coli in meat products from the Brooks facility.

In a Monday afternoon conference call, CFIA officials said this week's assessment won't necessarily green-light the plant to re-

open. "This is a pre-resumption of operation inspection, in no way should it be construed as they will be in production at this point," said Dr. Harpreet Kochhar, the executive director of western operations for the food agency.

Kochhar said re-opening the plant would be a gradual process that begins with determining whether the plant has addressed all the issues raised by inspectors since E. coli was first detected.

They include maintenance and sanitation issues as well as the management of E.coli risk, the canadian press

### Boy killed in

Accident

#### southern Alberta ATV crash

A nine-year old boy was killed Saturday when an ATV he was riding on

RCMP in Picture Butte were called around 8 p.m. Saturday and told the boy, who was a passenger, was not breath-

ing.
STARS air ambulance was dispatched to meet ground crews in Lethbridge, but when the boy arrived at the hospital he was pronounced dead.

A collision analyst was called in and police continue to investigate.

#### Float on

Daryl Blanchett and the crew from Blanchett Neon spent over 100 hours restoring the Canadian Furniture Co. neon sign. The red, yellow and black sign will flicker brightly along with a dozen other nostalgic signs from Edmonton's past at an outdoor sign museum. LUCY HAINES/FOR METRO

#### **Hunters drift** too far on McLeod River

Two hunters spent an accidental night in the woods Saturday after floating too far down the McLeod River.

The pair was reported missing around 5 p.m. on Saturday after taking an inflatable dinghy down the river from their hunting camp. Hinton RCMP searched the area Saturday night, but called it off later in

the evening.
On Sunday, the pair was located near a farm 24 kilometres down river from their camp. They were in good health. METRO



f current and valid ownership in the form of official provincial/territorial vehicle registration for their current Volkswagen o hat of a family member with the same address as on their own current and valid Driver's License.

metronews.ca
Tuesday, October 9, 2012



# New schools to be 'community hubs': Minister

#### Waiting game.

Details under wraps on where 50 promised schools will be built



JEREMY NOLAIS

jeremy.nolais@metronews.ca

Alberta school boards are being asked to get in touch with their creative sides when pitching their need for new schools.

Aside from community growth pressures and potential health risks in schools that need replacing, provincial Education Minister Jeff Johnson said innovation will play a major part in determining which communities are on the

#### New standards

"We are trying to set that bar with school boards that the expectation is that they're part of the community."

Jeff Johnson, Alberta's education ministe

receiving end of 50 new schools pledged over the next four years. The province has also pledged to renovate 70 existing facilities.

Dubbed by Johnson as "community hubs," new school concepts should incorporate existing facilities into their designs or tack on areas for general community use.

And that suits the chair of the Edmonton Catholic School District just fine. "We already have developed some of these partnerships, and they've all worked out for us," said Debbie Engel.

Archbishop Oscar Romero High School opened in 2004 next to the Jamie Platz YMCA, Callingwood Twin Arenas and the Lois Hole library, and a field house was built next to St. Francis Xavier High School in 2010.

Next up is a completion high school, part of the Clareview Community Recreation Centre opening in 2014, which comes with a library and multicultural centre.

WITH FILES FROM HEATHER MCINTYRE

#### Calgary

### Father charged in murder of child

The father of a six-yearold Calgary girl has been charged, along with a woman, in the death of the young girl in 2011.

the young girl in 2011.
Meika Dawn Jordan
died in hospital Nov. 14,
2011, after being taken
to hospital with injuries
sustained at her Calgary
home.

It was later determined she died of bluntforce trauma.

Spencer Lee Jordan, 26, and Marie Eve Magoon, 22, face second-degree murder charges in connection with the girl's death. METRO

### Homicide. Family mourns mother of two

The family of the city's latest homicide victim is remembering Charissa Kozakewich as a caring and loving daughter, mother, sister and friend.

"What defined Charissa's life was a mission to please and heal others, and an overwhelming desire to ensure that everyone who surrounded her was happy," read a statement released to the press.

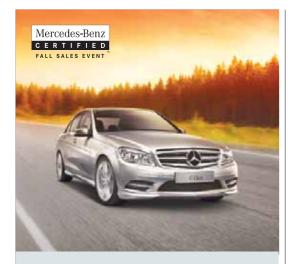
Kozakewich was found dead early Thursday morning after a man went to the Strathcona County RCMP detachment and reported someone was injured in a home in southwest Edmonton.

Edward Fountain, 42, will



make his first court appearance on a second-degree murder charge Wednesday. METRO





#### Luxury that lasts. Offers that won't.

Some things are crafted to last longer than others—like a Certified Mercedes-Benz

For a limited time, take advantage of three months payments waived on ALL 2008-2011 Certified Pre-owned vehicles and 0.9% financing on select models.

Buying Certified gets you:

- Reassurance: 150-point certification inspection
- Warranty: standard Star Certified warranty up to 6 years or 120,000 km
- Confidence: complete vehicle history report
- Security: 24-hour special roadside assistance
- Peace of mind: five day/500 km exchange privilege

For a complete listing, visit your local Mercedes-Benz dealership

9% for up to 36 months

Payment Waiver\*

Certified. Affordable. Luxury.







Year Description E-Class 2009 Pewter P09-9390 \$33,999

David Morris Fine Cars, 17407-111 Avenue, 780-484-9000,

davidmorrisfinecars.com Mercedes-Benz STAR DEALER AMVIC LICENSEE





## **Skydiver to try** record free fall

#### Extreme sport.

'Fearless Felix' to attempt highest. fastest jump in history

Austrian skydiver and extreme athlete Felix Baumgartner hopes to take the leap of his life on Tuesday, attempting the highest, fastest free fall in his-

tory.

If he survives, the man dubbed "Fearless Felix" could be the first skydiver to break the sound barrier. If he doesn't, a tragic fall could be live-streamed on the Internet for the world to see.

The 43-year-old former military parachutist is scheduled to jump from a balloonhoisted capsule 37 kilometres above Roswell, New Mexico, on Tuesday morning. He wants to break the record set in 1960 by Joe Kittinger, who jumped from an open gondola at an altitude of 31 kilometres. Kittinger's speed of 988 kph was just shy of breaking the sound

barrier at that height.

Baumgartner, who has been preparing for the jump for five years, has made two practice runs from the Roswell area, from 24 kilometres high in March and 28.97 kilometres in July.

And while he and his team of experts recognize the worstcase scenarios — including "boiling" blood and exploding lungs — they have confidence in their built-in solutions. Those solutions are something NASA is watching closely. The space agency is interested in the potential for escape sys-

The No. 1 fear is a breach of Baumgartner's suit, which could cause potentially lethal bubbles to form in his bodily fluids, a condition known as boiling blood.

tems on future rocket ships.

There are also risks he could spin out of control, causing other problems.

THE ASSOCIATED PRESS

After Tuesday's jump, Baumgartner plans to retire.

- Baumgartner, who has made more than 2,500 jumps from planes, helicopters, landmarks and skyscrapers over the past 25 years, promises this iump will be his last.
- He says he plans to settle down with his girlfriend and fly helicopters on mountain rescue and firefighting missions in the U.S. and Austria.

### Mistaken identity leads to tragedy



The U.S. Border Patrol agent killed in a shooting in southern Arizona apparently opened fire on two fellow agents thinking they were armed smugglers and was killed when they returned fire, the head of the Border Patrol agents' union said.

The two sets of agents approached an area where a sensor had been activated from different directions early Tuesday and encountered each other in an area of heavy brush, National Border Patrol Council president George McCubbin said on

Sunday.

Agent Nicholas Ivie apparently opened fire first and wounded one of the other agents but was killed in the

return fire.
"I don't know what it was he saw or heard that trig-gered this whole event," Mc-Cubbin said. "Unfortunately it resulted in his death and another agent injured."

The shooting occurred in rugged hilly area near the border close to Bisbee, Arizona, an area known for illegal trafficking.

THE ASSOCIATED PRESS

metronews.ca
Tuesday, October 9, 2012

NEWS

O

# Sandusky, his victims to speak at sentencing

#### Penn State scandal.

Ex-coach set to stress his innocence in child-sexual-abuse case

Jerry Sandusky and at least some of his victims plan to address the judge at his sentencing, a proceeding that may last less than two hours, lawyers said after a closeddoor meeting to iron out logistics ahead of the Tuesday hearing.

Sandusky lawyer Joe Amendola said "it's as certain as certain can be" that the former Penn State assistant football coach will speak to Judge John Cleland and as-



sert his innocence before he is sentenced on 45 counts of child sexual abuse.

"What I anticipate he'll say

is he's innocent," Amendola said outside the courthouse Monday afternoon.

THE ASSOCIATED PRESS

## Russia. Don't drink kefir and drive?

Russia's top health official said Monday that drinking and driving don't mix— even when the drink in question is kefir, a fermented milk beverage containing less than one per cent alcohol.

The comments by Gennady Onishchenko, Russia's chief sanitary inspector, sparked an outburst of criticism and ridicule on Twitter. Dozens of users circulated a picture of a glass of kefir with the caption, "Kefir? NO! I'm driving!"

Officials have been scrambling to condemn drunk driving since an intoxicated driver in September killed seven people, including five orphans, after crashing into a bus stop in Moscow.

Some lawmakers have

Some lawmakers have proposed life sentences for drivers who cause death while under the influence. One has said drunk driving is a bigger threat than terrorism

During a hearing of the Public Chamber, a governmental oversight body, on a proposal to raise the minimum blood-alcohol level for drivers, Onishchenko said kefir lovers "should decide— are you going to get behind the wheel, or drink kefir?"

Getting drunk off kefir is practically impossible.

THE ASSOCIATED PRESS



#### Ships stuck on Spanish shore

Officials say they are struggling to free two ships that ran ashore on a stretch of ecologically valuable coastline in eastern Spain. The cargo ships were beached by powerful winds on Sept. 28. THE ASSOCIATED PRESS

Art

#### Man arrested over Rothko graffiti

British police on Monday arrested the man who told journalists he was responsible for scrawling graffiti on a mural by modern American master Mark Rothko at London's Tate Modern museum. Scotland Yard launched its investigation after the mural, one of Rothko's Seagram series, was defaced Sunday with what appears to be the words "Vladimir" and "a potential piece of yellowism." Vladimir Umanets, who identifies as the co-founder of the "Yellowism" artistic movement, told journalists he was behind the graffiti. THE ASSOCIATED PRESS



metr⊕ 08 NEWS netronews.ca Tuesday, Ordber 9, 20

#### Power-broker

#### Turkeynowa major critic of Assad regime

Turkey, which shares a 911-kilometre frontier with Syria, nearly went to war with its neighbour over Syrian support for Turkish Kurdish rebels in the 1990s. The relationship improved dramatically since Bashar Assad came to power in 2000, and the two countries reached out to build economic ties. But now, Turkey has become one of the most vocal critics of the Assad regime, accusing it of savagery.

The rebels who are trying to bring down Assad have used Turkey as their base, enraging the regime. Turkey became a regional power in the past decade, backed by a growing economy, emerging democratic credentials and historical and cultural links to neighbours. It pursued pragmatic links with authoritarian leaders, but shifted to a pro-democracy position as uprisings swept the Middle East.

From the outset of the Syrian crisis, Turkey has tried to position itself as a major player and power-broker — something some observers say was a miscalculation based on overconfidence in Ankara's influence over Damascus. As recently as April, an official told Parliament that Turkey "will continue to guide the wave of change in the Middle East."

THE ASSOCIATED PRESS



An elderly Syrian woman, who fled her home due to fighting between government forces and rebels, chants "Allah" inside her tent at a refugee camp near the Turkish border, in Azaz, Syria, Sunday, маки вкаво/тня associated press

## Attacks on Turkey sending a deliberate message: Observers

**Syrian conflict.** Military intervention involving foreign powers still not on the table

Syria's cross-border attacks on Turkey in the past week look increasingly like they could be an intentional escalation meant to send a clear message to Ankara and beyond, that the crisis is simply too explosive to risk foreign military intervention.

With Turkey eager to defuse the crisis, the spillover of fighting is giving new life to a longshot political solution, with the Turks floating the idea of making President Bashar Assad's longtime vice-president, Farouk al-Sharaa, interim leader if the president steps aside.

A military option — which would involve foreign powers that already have expressed a deep reluctance to getting involved — is still not on the table, analysts say, despite six consecutive days of Turkish retaliation against bombardment from inside Syria.

The Syrian conflict has taken a prominent role in the

#### Quoted

"Syria is aware that Turkey cannot go a step further.... The Turkish people don't want a war and there are no vital national interests at stake to warrant a war. Syria sees this."

Ali Tekin, assistant professor of international relations at Ankara's Bilkent University

U.S. presidential election at a time when the U.S. and its allies have shown little appetite for getting involved.

On Monday, Republican candidate Mitt Romney said the U.S. should work with other countries to arm the Syrian rebels, allowing the rebels to drive Assad from power themselves. Romney did not call for the U.S. to directly arm the Syrian rebels.

The most recent flare-up between Syria and Turkey started Wednesday, when a shell fired from Syria slammed into a house in the Turkish border village of Akcakale, killing two women and three children. That set off the most serious and prolonged eruption of violence along the frontier since the uprising began nearly 19 months ago.

Although it was not clear

whether Wednesday's shelling was intentional, Turkey responded swiftly by firing back and convening parliament for a vote that authorized further cross-border military oper-

ations if necessary.

Turkish Prime Minister Recep Tayyip Erdogan cautioned Damascus not to test Turkey's "limits and determination." But the Syrian shelling has continued every day — leading many observers to conclude the acts are intentional provocation.

"It's not an accident. You can't send shells across the border by mistake five days in a row," said Mustafa Alani, a Middle East analyst of the Geneva-based Gulf Research Center, just hours before Syrian shelling struck Turkey for a sixth day.

sixth day. There have been no other reports of casualties from the shelling since Wednesday's deaths.

According to Alani, escalating the crisis serves as a reminder to NATO, Turkey and the West that Syria's civil war can inflame the region with lightning speed. The threat of a spillover is likely to pressure Western powers into drafting a political solution, part of which could involve Assad's exit from power, rather than his being toppled by force.

A political solution, Alani said, could prevent Assad "ending up like Gadhafi."

Libyan leader Moammar Gadhafi was captured and killed by rebels on the outskirts of his hometown of Sirte last year, and his corpse was put on public display in a refrigerated locker for several days.

While Ankara maintains that the shells are coming from the regular Syrian army, Paul Salem of the Carnegie Middle East Center, a Beirut-based think-tank, did not exclude the possibility of "other sources, a rebel unit, firing across the border, trying to create conditions for Turkey to intervene in Syria." THE ASSOCIATED PRESS

# THINGS ARE OOKIN' UP! OPEN HOUSE OCTOBER 19+20

Hundreds of great careers start at NAIT - take it from the Ook, our lovable original mascot.

- Visit dozens of displays and interactive exhibits to find your fit in health sciences, engineering technologies, IT, business and many more options.
- Talk to students and faculty to understand the NAIT advantage
- Learn about part-time studies, take a campus tour, join the fun.

FRIDAY, OCTOBER 19 | 9:00 AM - 3:00 PM SATURDAY, OCTOBER 20 | 10:00 AM - 3:00 PM

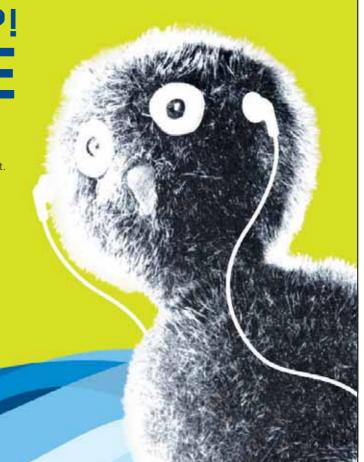
Free parking during Open House

NAIT Main Campus, 106 St & Princess Elizabeth Ave, Edmonton

Full details at nait.ca/openhouse | See how you could win an iPad3



NAIT® EDUCATION FOR THE REAL WORLD





#### Syrian casualtie

An activist group said Monday the number of people killed in the conflict crossed the threshold of 32,000 over the weekend, and the pace is accelerating.

• The Britain-based Syrian Observatory for Human Rights said it counted 32,079 dead as of Sunday — among them 22,980 civilians and civilians-turned fighters, 7,884 members of the Syrian military and 1,215 army defectors fighting alongside the rebels.

 In the past week alone more than 1,200 people were killed, according to the head of the observatory, Rami Abdul-Rahman, who said he only counts named victims or those whose death is verified by other means.



#### Did you know...?

Certified Management Accountants are the leading employer preference for mid and senior-level financial management positions.

#### Find out more at our information sessions.

#### **Upcoming sessions**

#### **Edmonton**

October 9, 2012 The Westin Hotel 10135 100th Street NW 12:00 pm - 1:00 pm or 5:30 pm - 6:30 pm

#### Online

October 18, 2012 12:00pm - 1:00pm

#### RSVP

yourpath@cma-alberta.com Toll free: 1 877 CMA 2000





metr⊕

### Fugitive apprehended Philadelphia. Wedding



Mexico. Suspected Zetas cartel leader seized by navy over series of charges, including the massacre of 72 migrants

The Mexican navy nabbed a suspected Zetas cartel leader accused of involvement in some of the country's most notorious crimes in recent years, authorities said Monday.

Navy spokesman Jose Luis Vergara announced that Salvador Alfonso Martinez Escobedo was arrested Saturday and is believed to have masterminded the massacre of 72 migrants in the northern state of Tamaulipas in 2010.

The man known as "Squirrel" also has been linked to the escape of 151 prisoners in 2010 from a jail in the city of Nuevo Laredo, the recent flight of 131 prisoners in the city of Piedras Negras and the killing of U.S. citizen David Hartley in 2010 on Falcon Lake, which strad-dles the U.S.-Mexico border. The death of Hartley drew wide attention as it appeared Hartley and his wife, Tiffany, were on a personal trip when he was shot

by Mexican criminals on Sept. 30, 2010. The Hartleys were using personal watercraft on Falcon Lake when David Hartley was shot in the head.

Asked about the detention, Tiffany Hartley's mother, Cynthia Young of LaSalle, Colo., said: "We heard the news this morning. We're just trying to process the information. What we're going to try to do is get a hold of some facts and

#### Quoted

#### "We heard the news this morning. We're just trying to process the informa-

tion." Cynthia Young, mother of widowed Tiffany Hartley

make sure we know what's happening," Young said. She said the family could issue a statement once more information is known.

The navy is also blaming Martinez for the killing of the Tamaulipas state police commander and chief investigator on the case, an attack that hampered the investigation.

Vergara said Martinez was captured in Nuevo Laredo, across from Laredo, Texas. He was shown to the news media Monday. THE ASSOCIATED PRESS

### brawl causes mayhem

A man was charged in connection with a large fight that broke out among people attending two different wedding receptions in downtown Philadelphia during the weekend, police said Monday.

The fight, which was caught on video and quickly spread online, happened early Sunday at a hotel in the Society Hill neighbourhood and involved dozens of people in formal at-

57-year-old suffered a fatal heart attack outside the reception, police said, but authorities don't know if he was involved in the fights. Dozens of police were called in.

One of the people allegedly involved, Matthew Sofka, 26, of Westfield, N.J., was being charged with aggravated assault, simple assault and other counts in connection with the fight, said Lt. Raymond Evers, a Philadelphia police spokes-

A message left at a telephone listing for Sofka was not immediately returned.

The investigation is continuing and police expect more arrests in the future, Evers said. Investigators don't know what started the brawl, but alcohol was involved; two other people

"I just saw a lot of people going at it. It was obviously pretty chaotic."

Max Schultz, the 15-year-old witness who videotaped the fighting

were cited for disorderly con-

The spreading altercation was caught on video by Max Schultz, a 15-year-old from Camp Hill in central Pennsylvania, who was in Philadelphia with his parents to see the historic sites and celebrate his birthday. Schultz said he was sleeping when noise from the fight awoke him and he went to check it out around 2 a.m.

He went to an atrium where he looked down on the fight, took out his cellphone and began recording it — after he had to frantically start deleting files so he had enough memory for the video of people sparring while wearing tuxedos and ball gowns.

"I just saw a lot of people going at it," said Schultz, who later posted the video on You-Tube. "It was obviously pretty chaotic." THE ASSOCIATED PRESS



### **Delays likely in** murder suspect's extradition

**Triple-homicide** charges. Quebec man on the run captured in Florida after police chase

A man who was captured in Florida and is facing charges for a triple homicide in Quebec may not be brought back to Canada any time soon.

Quebec provincial police filed a request to have Justin Bresaw extradited but it's not clear when he will be returned to Canada.

"Right now, Mr. Bresaw is detained in Florida and he's facing charges (down) there," police spokesman Marc Tessier said Monday.

"After the due process is done in the United States, he will be brought back here to face charges of a triple mur-



der here in Canada."

The 35-year-old Bresaw was the subject of a Canadawide arrest warrant and an alert by Interpol after a house fire last month in Amos, a town in northern Quebec.

He is facing first-degree murder charges in relation to the two men and a woman found dead in the home.

After eluding police for more than two weeks, Bresaw was spotted in Tallahassee, Fla., on Sunday, charging a laptop in an electrical outlet behind a church

David Northway, a spokesman for Tallahassee police, said Bresaw initially gave police a false name and managed to flee the scene after giving his real name.

An officer who tried to arrest Bresaw was left with a gash on his face and a broken nose after he fell into a metal support beam during a tussle, Northway said.

He said Bresaw was eventually tracked down three hours later, hiding underneath a house. Police dogs and a helicopter were used to find him.

Bresaw is facing charges in Florida that include resisting an officer with violence and battery on an officer.

THE CANADIAN PRESS



SHOP STYLISH FALL BOOTS AT WWW.SHOP.CA



Roxy **ROWAN** \$99.99

+FREE shipping!



**UGG CLASSIC SHORT** \$199.99

+FREE shipping!



Ziai **BERNDT** \$89.99 +FREE shipping!



DLG NAPA \$90.00 +FREE shipping!





SHOP & EARN, EVERY TIME!™

Got great products to sell? Contact supplier@shop.ca

#### Enter the ultimate Lexus world.

Very soon, the newest and most prestigious Lexus automotive dealership in North America will open its doors right here in South Edmonton.

Our aim is to ensure our customers (we prefer to call them "guests") will experience something truly unique every time they visit us.

We're now looking for a number of outstanding people to be part of delivering a truly unique experience:

- Concierge Receptionists (two full-time and two part-time)
- Sales Consultants (six new and four pre-owned vehicles)
- Luxury Car Preparation Experts (five: Certified Technicians, Service and Warranty advisors, Detailing Experts)

To become part of our team, you need to share our vision, share our passion and see what we see.

You need to be confident, proud of your own capabilities, and keen to be part of the most refined automotive dealership team in town

But above all, you need to be someone who understands our guest's world of privilege, and be someone who enjoys providing an exceptional level of attention and service.

Sound like you — See yourself in one of those roles — Want to find out more? Then apply for an interview at one of our two talent recruitment days on:

- Friday October 12th (Sales Consultants, Concierge Receptionists)
- Saturday, October 13th (Certified Technicians, Service and Warranty advisors, Detailing Experts)

Please email your resume to farid@lexussp.com for your appointment time.

Successful applicants will then be contacted with an interview day, time and place.



A TRULY SUPERIOR LEXUS EXPERIENCE

metronews.ca
Tuesday, October 9, 2012

### Rare disease dubbed 'Sleeping Beauty'

Sleep disorder. Little known about Kleine-Levin syndrome, which traps adolescents in extended slumbers

There was nothing sweet about Kaitlyn Terrana's 16th birthday. And she has virtually no recollection of her last birthday, her 17th, either. She slept through both of them.

At a time when the teenager should be living each day to the fullest, she is trapped in a roughly six-week cycle in which she has no choice but to take to her bed, slumbering for about 10 days at a time.

Kaitlyn has developed an extremely rare condition called Kleine-Levin syndrome, or KLS, and it is stealing her life away.

"Kind of like the day before, I start feeling really tired and it's really hard for me to focus in class," she says from her home in Hamilton, Ont. "And then after that, I'm just gone for 10 days. I have to sleep, I

can't stay awake."
Her mom, Kathy Terrana,
has to closely monitor Kaitlyn when she experiences
one of these sleeping periods, saying her daughter
can't be left alone.

"In the beginning of her episodes, she starts off being very, very tired," she says. "By late evening I can usually tell that, yes, she is starting an episode, because she doesn't talk, she doesn't converse with anybody.

"It's not very nice to say, but it's almost like she's a walking zombie, because when they're in their episodes they can be walking around but they don't know what's going on around them. So there's no empathy, there's no feeling whatsoever. She's in a complete fog."

#### Dreamworld

#### "It's kind of like a dream.... That's how (it is) 10 days of my life."

17-year-old Kaitlyn Terrana, describing her experience with Kleine-Levin syndrome

Once an episode starts, Kaitlyn can easily sleep 20 or more hours at a stretch

Little is known about KLS because the condition is so rare. Doctors don't know what causes it and there are no treatments or cure.

The syndrome affects at least twice as many boys as girls, and onset is usually during adolescence. Typically, the episodes last from 10 to 15 years, then disappear as mysteriously as they began.

Kaitlyn had her first attack two years ago when she was 15. THE CANADIAN PRESS



Kaitlyn Terrana poses in her bedroom at her family's home in Hamilton, Ont., on Sept. 29. The 17-year-old has developed Kleine-Levin syndrome, an extremely rare condition, nicknamed "Sleeping Beauty" disease, that's marked by intermittent episodes in which she sleeps 16 or more bours a day for 10 days at a time. SHERYL MADLERGING CAMADIAN PRESS.

#### One step closer

#### Study results suggest modest success of new Alzheimer's drug

Combined results from two studies of an experimental Alzheimer's drug suggest it might modestly slow mental decline, especially in patients with mild disease.

Taken separately, the studies missed their main goals to significantly slow the mindrobbing disease. But pooled results found 34 per cent less decline in mild Alzheimer's patients compared to those on a dummy treatment for 18 months.

Doctors say the results do not seem strong enough to win approval of the drug now. But they show researchers are on the right track by trying to clear the sticky deposits that clog patients' brains.

The drug is being developed by Eli Lilly & Co. and is called solanezumab. Results were reported Monday at an American Neurological Association conference in Boston.

About 35 million people worldwide have dementia, and Alzheimer's is the most common type. Current medicines just temporarily ease symptoms. There is no known cure.

THE ASSOCIATED PRESS

#### Reason to switch:

"TD's locations mean I can combine activities with visits to the bank."

Diane S. Edmonton





## Medical research. Trial of new drug successful in reducing stroke numbers

A Canadian effort to develop a drug to limit the brain damage caused by strokes has made an important step forward.

Scientists involved in the project reported Sunday that in a trial conducted on patients undergoing repair of brain aneurysms, the drug, called NA-1, reduced the number of post-procedure strokes by about half.

This is rare good news in the quest to develop a neuroprotective drug, a field where more than 1,000 compounds have been tested, and all failed.
The researchers themselves have founded a biotechnology company — NoNO

nology company — NoNO Inc. — to finance the work, because the pharmaceutical industry has essentially left the field. NoNO means "no nitric oxide," the free radical produced during a stroke that damages brain tissues.

Dr. Michael Hill is the first author on the scientific paper outlining the findings, published in the journal Lancet Neurology. THE CANADIAN PRESS

### Nobel Prize awarded for groundbreaking discovery

Two scientists from different generations won the Nobel Prize in medicine Monday for the groundbreaking discovery that cells in the body can be reprogrammed to become completely different kinds, potentially opening the door to growing customized tissues for treatments.

The work of British researcher John Gurdon and Japanese scientist Shinya Yamanaka — who was born the year Gurdon made his discovery — has raised hopes of developing transplant tissue to treat diseases like Parkinson's and diabetes. And it has spurred a new generation of laboratory studies into other diseases, including schizophrenia, that may lead to new treatments.

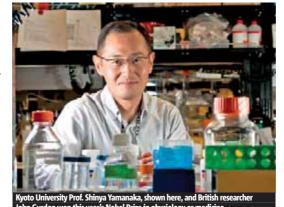
Their work paved the way to making the equivalent of embryonic stem cells without the ethical questions that embryonic cells pose.

"Their findings have revolutionized our understanding of how cells and organisms develop," the Nobel committee at Stockholm's Karolinska Institute said in announcing the eight-million kronor (\$1.2-million) award. It was the first of this year's Nobel Prizes, with five more awards to be announced by next Monday.

At the time of the initial findings, the discovery had "no obvious therapeutic benefit at all," Gurdon told reporters in London. "It was almost 50 years before the value — the potential value — of that basic scientific research comes to light."

In 1997, the cloning of Dolly the sheep by other scientists showed that the same process Gurdon discovered in frogs would work in mammals.

"The discoveries of Gurdon and Yamanaka have shown that specialized cells can turn back the developmental clock under certain circumstances,"



the committee said. "These discoveries have also provided new tools for scientists around the world and led to remarkable progress in many areas of medicine"

Just last week, Japanese scientists reported using Yamanaka's approach to turn skin cells from mice into eggs that produced baby mice.

THE ASSOCIATED PRESS

#### Nobel Drive in medicine

- Who won? Britain's John Gurdon, 79, currently with the Gurdon Institute that he founded, and Japan's Shinya Yamanaka, 50, who worked at the Gladstone Institute in San Francisco and Nara Institute of Science and Technology in Japan. He is now at Kyoto University.
- For what? In 1962, the year Yamanaka was born, Gurdon showed that the DNA from specialized cells of frogs, like skin or intestinal cells, could be used to generate new tadpoles. In 2006, Yamanaka showed that mature cells could be turned back into primitive cells, which in turn could be prodded into different kinds of mature cells.
- Significance. The discoveries showed that the body's mature, specialized cells can be reprogrammed into stem cells a discovery that scientists hope to turn into new treatments without destroying human embryos. Scientists want to harness the reprogramming to create replacement tissues for treating diseases such as Parkinson's, cystic fibrosis and diabetes, and for studying the roots of diseases in the laboratory.
- Gurdon. "It is particularly pleasing to see how purely basic research, originally aimed at testing the genetic identity of different cell types in the body, has turned out to have clear human health prospects."



### A funny thing happens when you tell kids they matter. They believe you.

An alarming 40,000 kids drop out of high school every year. Boys and Girls Clubs of Canada are committed to changing that. They provide a safe and supportive place where kids can develop confidence and life skills. They offer programs like Rogers Raising the Grade™ to help kids with their studies. The Club is a place where kids can drop in, so they're less likely to drop out.





With education, anything's possible.™

rogersyouthfund.com





metr⊕

### **'Death' of judiciary** mourned in Sri Lanka

#### Angry response.

Hundreds of Colombo lawvers and staff protest an attack on a judge, while many others stage boycotts of courts across country

Sri Lankan judges and law-yers boycotted courts on Monday to protest an assault on an outspoken judge, and hundreds of lawyers staged a demonstration demanding a thorough investigation into

About 500 lawyers and staff wearing black head-bands marched in front of Colombo's court complex. They carried a coffin, say-

ing the weekend attack on ment Judge Manjula Tilakaratne represented the death of an independent judiciary. Later, they burned the coffin.

They held placards reading: "Stand up to protect the judiciary. Protect lives of judges. Arrest those who attacked a judge.

Tilakaratne, secretary of the Judicial Service Commission, which handles judicial appointments and transfer of judges, was attacked by four men on Sunday as he was in his car after dropping off his son at school. He sustained injuries to his face and right hand. Police said an investigation is under-

Protesters said lakarartne had irked the government with a statecomplaining of outside influences on the commission's decisions.

A protesting lawyer, J.C. Weliamuna, said the attack was "unprecedented" and blamed the govern-ment. Another lawyer, Gunaratne Wanninayake, demanded that police conduct an impartial inquiry. "This attack symbolizes the death of Sri Lanka's independent judiciary. It's not just an attack on one judge, it has dealt a severe blow to the whole judiciary,'

District judges stayed away from work Monday, while lawyers also boycotted courts across the country. said lawyer Nuwan Bopage. THE ASSOCIATED PRESS

Reason to switch:

"Being able to go

to the bank any



## Zimbabwe. President Mugabe calls for tolerance in wake of PM's criticism

Zimbabwe's president wants his people to be tolerant of each other's views to allow for a free vote in proposed elections, he said on Monday.

President Robert Mugabe, officiating at the state burial of a former foreign minister, said political differences must be private and "not expressed in actions" that lead to violence. He called on Zimbabweans to follow the "virtues and discipline" of academic and veteran diplomat Stan Mudenge, who died Oct. 4 of heart failure at

"Let people vote the way they want to. Those who don't want to vote can throw their vote into the river. It's their business," Mugabe said.

Mugabe's remarks followed harsh criticism by Prime Minister Morgan Tsyangirai over the weekend about the presidential party's record of violence. Tsvangirai, in a shaky coalition government, described Mugabe as a hypocrite for "preachgave as a hypothetion preaching peace by day" while his ZANU-PF party loyalists attacked opponents at night.

"We have politicians who

"Let people vote the way they want to. Those who don't want to vote can throw their vote into the river."

Robert Mugabe, president of Zimbabwe

shed crocodile tears like Mugabe," Tsvangirai said at a rally in the Zaka district, where his former opposition Movement for Democratic Change party has reported the country's worst upswing in political violence in recent months.

Tsvangirai said on Saturday he was giving Mugabe an ultimatum to end the violence or he would pull out of the coalition and elections planned for next year. He said he won't "step on dead bodies" to get elected as the country's president. Tsvangirai said elec-tions can only be held when long-disputed constitutional and democratic reforms are in place and the rule of law is enforced.

THE ASSOCIATED PRESS







#### **Grassroots protests** oust leader

Tunisia's government has announced that the governor of Sidi Bouzid province, the birthplace of the country's recent revolution, has been dismissed after popular protests. The provincial capital, where the selfimmolation of a frustrated fruit-seller sparked an uprising that overthrew Tunisia's long-ruling dictator, has witnessed weeks of unemployment

THE ASSOCIATED PRESS

#### Ethiopia

#### Obstruction blamed for folded papers

Two weekly newspapers that have been critical of Ethiopia's ruling party have stopped publication because of government obstruction, the papers' publishers said Monday. The publishers are appealing to the country's newly appointed Prime Minister Hailemariam Desalegn to intervene. A government spokesman said the Ethiopian government is not telling printers not to print the papers.

THE ASSOCIATED PRESS

## Dutch inmate serving decades in jail for slaying young Peruvian may have impregnated conjugal visitor

A newspaper reported Monday that Joran van der Sloot, a Dutch man who is serving a 28-year sentence for murdering a young Peruvian woman, says he is going to be a father.

His lawyer said the inmate does have a conjugal visitor, but he could not confirm she is pregnant.

The Dutch newspaper De Telegraaf said Van der Sloot, a suspect in the 2005 disappearance of U.S. teenager Natalee Holloway, told the paper in a telephone call Saturday that "a test has proved" the pregnancy.

Van der Sloot's attorney,

Maximo Altez, told The Associated Press that a woman named Leidy Figueroa Uceda "is registered as a conjugal visitor of Joran. She is registered in the visitors books of the Piedras Gordas prison in

He denied, however, that he had told the newspaper he could confirm the pregnancy.
"I told them I didn't know

anything in that respect," he

apparently forgot to take one. He said she would not have an abortion due to her Roman Catholic faith. He said he didn't have DNA proof the child is his, but he believes it

#### "She is registered in the visitors books of the Piedras Gordas prison in Lima.

Joran van der Sloot's attorney, Maximo Altez, on the status of his client's conjugal

News media in Peru last year identified Figueroa as Van der Sloot's girlfriend, and said they had conceived a son together, but she denied it.

De Telegraaf said Van der Sloot told it that the woman uses birth-control pills but

Recorded messages on Monday indicated that two telephone numbers registered to Figueroa had been cancelled.

Van der Sloot is a self-described liar, having confessed to killing Holloway and later retracting the confessions.

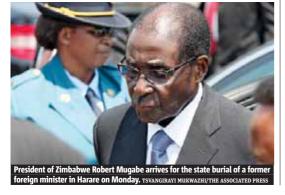
He is the last person known to have seen her alive on the Caribbean island of Aruba.

He was convicted of robbing and killing Stephany Flores in a Lima hotel room after meeting her in a nearby casino in 2010.

The Dutchman is wanted by authorities in the U.S. for allegedly extorting money from the Holloway family on the promise of revealing the location of her body.
He could resist extradition

to the United States, where he is wanted in the Holloway case, if he obtains Peruvian nationality. That would be a possibility if he becomes the father of a Peruvian child or if he marries a Peruvian cit-

Van der Sloot is appealing his conviction. THE ASSOCIATED PRESS



metronews.ca
Tuesday, October 9, 2012

NEWS 1



### Venezuelans give Chavez six more years

Patronage. Incumbent spent heavily before the vote, building public housing and bankrolling expanded social programs

Venezuelans awakened on Monday to the prospect of another six years under President Hugo Chavez as the leftist president's supporters celebrated his victory against a youthful rival and a galvanized opposition pledged to build on its gains.

Chavez emerged from Sunday's vote both strengthened and sobered, having reconfirmed his masterful political touch but also winning by his tightest margin yet. Challenger Henrique Capriles said while conceding defeat that his campaign had launched a new political force and that he would keep working for change.

The 58-year-old leader now has a freer hand to push for an even bigger state role in the economy and deepen friendships with U.S. rivals. Meanwhile, he's under pressure to address nuts-and-bolts governance issues such as soaring crime rates, power blackouts and double-digit inflation.

With a turnout of 81 per

#### Voter

#### "Chavez isn't to blame for the people who surround him."

First-time voter and student Brenda Aguirre, saying she is willing to forgive "El Comandante" for his shortcomings.

cent, Chavez only got 551,902 more votes this time around than he did six years ago, while the opposition boosted its tally by about 2.1 million. Chavez appeared to acknowledge the opposition's growing clout during a boisterous victory speech late Sunday night.

THE ASSOCIATED PRESS

## comwave



Home Phone

### Don't pay for your Home phone line till 2013



### **Unlimited Global**

Unlimited calling to almost 60 countries and all features FREE

\$2995

#### **Unlimited Local**

Unlimited local calling and all features FREE

\$14<sup>95</sup>

#### **Unlimited Canada**

Unlimited Canada wide calling and all features FREE

\$19<sup>95</sup>

#### Southeast Asia

### Strong quake hits eastern Indonesia

A strong earthquake shook parts of eastern Indonesia on Monday, sending residents and hotel guests running out of their rooms, but there were no immediate reports of damage or injuries.

Indonesia's meteorology and geophysics agency said there was no danger of a tsunami.

The U.S. Geological Survey said the magnitude-6.3 quake was centred 139 kilometres southeast of Ambon, the provincial capital of Maluku. THE ASSOCIATED PRESS

### Indonesia. Analysis shows increase in terrorist strikes

Ten years after terrorist attacks at two Bali nightclubs killed more than 200 people, mostly foreign tourists, Indonesia has won international praise for its counterterrorism efforts. Militant organizations have been fractured and many of their charismatic leaders have been killed or jailed.

But an analysis shows the number of strikes within the country has actually gone up, especially since 2010, when radical imams called on their followers to focus on domestic targets rather than westerners. The more recent attacks have been conducted with less expertise, and the



vast majority of victims have been Indonesians. 780-665-1805

www.comwave.net

White Common street for according to our advertising, Common reserved the rigid to convert any oron in pixiling or information of any time. The 6-Month free Promotion is bound on a 17th term and in about a 17th Lag Substitution Guaranteed press of you are not 179th surgested, sold into a presentable the service anything white the Substitution is unabsent feel and with an in-the sold grade, may be included present and the service any additional of months feel. 2005. The Common entitle the right feel and Substitution is unabsent feel and indicated her 2005. The surgested present any or additional transition of 11th and Common entitle the results of the Substitution of 11th and Common entitle the surgest of the Substitution of 11th and Common entitle surgest of the Substitution of 11th and Common entitle surgest of the Substitution of 11th and Common entities and Substitution of 11th and Substitution of 11

Limited Time Offer

6 Months FREE

metronews.ca
Tuesday, October 9, 2012

### Mining union accuses platinum producer of racism

#### Tensions deepen.

About 80,000 miners, or 16 per cent of South Africa's total mine workforce, are currently on strike across the country

The National Union of Mineworkers accused Anglo American Platinum Monday of racism as the impasse between striking miners in South Africa and the world's top platinum producer escalated.

The NUM alleged that its leader in Rustenburg, South Africa, the scene of a wildcat strike that brought Amplats' operations to a halt, was called derogatory names by the company's security officials at its Swartklip Union mine in Limpopo province. The official was racially abused Monday

#### Turmoil in other sectors

- Some 20,000 truckers demanding a 22 per cent pay raise are currently staging a strike that threatens the supply of gas and groceries.
- The striking truckers now say they might intensify their campaign by inviting rail and port workers if employers do not meet their wage demands.

together with a journalist for the South African Broadcasting Corporation, the union charged in a statement.

The union's attempts to intercede on behalf of miners fired last week by Amplats had been thwarted, said NUM spokesman Lesiba Seshoka.

"It has become very clear

that the company promotes racism through procuring security and other services from racists and their companies and that it has no intention to empower African people," Seshoka said. "The company has a week ago embarked on mass dismissals and was in the process of doing the same at Swartklip when the NUM leaders sought to intervene and speak to members only to be met with imported racism of a special type."

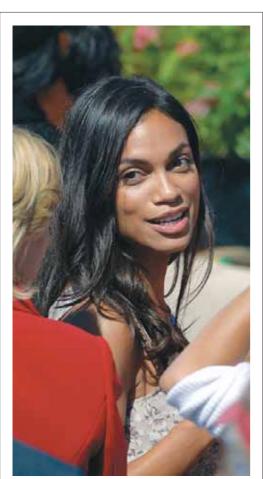
Mpumi Sithole, a spokeswoman for Amplats, declined to comment on this matter

Amplats, a subsidiary of the London-listed Anglo Platinum, last week dismissed 12,000 striking miners for staging a wildcat strike and later failing to attend disciplinary hearings. The mineworkers have since threatened to make the mines ungovernable, saying it will be impossible for the company to hire new workers.

THE ASSOCIATED PRESS



Striking mineworkers take part in a demonstration in Rustenburg, South Africa, on Saturday. A leader for striking miners at Anglo American Platinum mines in South Africa said they would make it difficult for the company to hire



## Famous faces turn up for dedication of Cesar Chavez monument in California

Actress Rosario Dawson looks on as she waits for U.S. President Barack Obama to announce the establishment of the Cesar E. Chavez National Monument on Monday in Keene, Calif. The property is recognized worldwide for its historic link to civil-rights icon Cesar Estrada Chavez and the farm-worker movement.

MARK J. TERRILL/THE ASSOCIATED PRESS

Reason to switch:

"TD's longer hours allow more flexibility for getting my banking done." Cyn C. Edmonton





#### Airport

#### Three dead after Antigua plane crash: Airline

A small Caribbean airline says three people have died in the crash of a twin-engine plane at Antigua's airport.

FlyMontserrat CEO Nigel Harris says two passengers and pilot Jason Forbes were killed in the Sunday afternoon crash at V.C. Bird International Airport in Antigua. He says one passenger was critically injured.

The nine-seat Britten-Norman Islander plane with four people aboard was headed from Antigua to Montserrat when it slammed into the ground off a rain-slicked runway seconds after takeoff.

Jamaica's ministry of foreign affairs confirmed Monday that one of the dead passengers was a Jamaican schoolteacher. THE ASSOCIATED PRESS

#### Caribbean countries

### Governments plan 10-year fight against cholera

Officials in Haiti and the Dominican Republic are preparing for a long campaign against cholera, the water-borne disease that has sickened tens of thousands of people in the two neighbouring Caribbean countries.

Dominican Deputy
Minister of Public Health
Rafael Schiffino says the
two governments are working on a project to wipe out
the disease on Hispaniola
by 2022. The plan will
include substantial spending on clean water and
sanitation.

A bilateral meeting on the plan started Monday in the Dominican Republic.

Experts say cholera was likely introduced in Haiti by UN peacekeepers.

THE ASSOCIATED PRESS

## Northeast Nigeria. More than 30 civilians killed in military attack

Nigerian soldiers angry about the killing of an officer shot dead more than 30 civilians Monday in a northeastern city long under siege by a radical Islamist sect.

The attack came from soldiers attached to a special military unit on guard in Maiduguri, the spiritual home of the sect known as Boko Haram, in an effort to supposedly protect its citizens from the violence gripping the city. The killings likely will further antagonize a population already alienated by checkpoints, security force harassment and the threat of being killed by soldiers who are targets for the sect's increasingly bloody guerrilla attacks.

ingly bloody guerrilla attacks.
An Associated Press reporter in Maiduguri counted the dead while on a tour of the still-smouldering neighbourhood Monday afternoon. The journalist saw no weapons

or evidence that the dead belonged to the sect. A soldier nearby, who did not identify himself, claimed the attack was a response to a bombing nearby earlier Monday that he said killed a lieutenant.

"They killed our officer!" the soldier shouted. "We had no options!"

The AP reporter also saw that soldiers had set fire to about 50 homes and businesses around the area, which sits near the Nigerian Union of Journalists state office and other buildings in Maiduguri. It appeared the soldiers attacked the area using assault rifles and heavy machineguns mounted on armoured personnel carriers. Rounds shot from the heavy machineguns destroyed cars and set roofs on fire, which razed buildings and caused damage at a two-storey shopping complex. THE ASSOCIATED PRESS



In this photo taken with a mobile phone, soldiers stand outside a burnt-out shopping mall in Maiduguri, Nigeria, on Monday. Nigerian soldiers angry about the killing of an officer razed buildings and shot dead more than 30 civilians Monday in a northeastern city long under siege by a radical Islamist

### Turkish jets hit **Kurdish rebel** targets: Report

**Iraq.** Kurds fighting for self-rule in Turkey's southeast are considered terrorists by U.S. and EU

Turkish jets have struck suspected Kurdish rebel targets in two separate cross-border raids in northern Iraq, a Turkish news agency reported Monday, prompting Iraq to vow to take "diplomatic" steps against Ankara for violating its sovereignty.

Turkey has frequently struck targets of the autonomy-seeking Kurdistan Workers' Party, or PKK, in northern Iraq. But with relations between Turkey and Iraq deteriorating, Baghdad recently warned Turkey against military operations

#### Word from Iraq

"Turkey should respect the principles of good neighbourhood.... These Turkish attacks on Iraqi territories are not acceptable and we will take the necessary diplomatic measures.

Iraqi government spokesman Ali al-Dabbagh

on its territory.

Ties between Ankara and Baghdad have reached a low over a Turkish decision to shelter Iraq's former Sunni vice-president, even after a Baghdad court sentenced him to death for running death squads. Turkey also started importing crude oil from northern Iraq under a deal with the Iraqi Kurdish administration that has angered Baghdad.

In August, Iraq accused Turkey of interfering in its internal affairs after Foreign Minister Ahmet Davutoglu paid a surprise visit the northern Iraqi city of Kirkuk, seen as a testing ground for whether Iraq's sectarian leaders can reach reconciliation.

Turkey's private Dogan news agency said the war-planes on Sunday targeted four rebel bases and anti-aircraft batteries along the border with Turkey and on Mount Qandil, on the Iraqi-Iranian border.

The agency said more than 12 F-16 fighter jets took part in the operations.



curbs freedom

Human Rights Watch

An international rights group has urged the panel writing Egypt's new constitution to amend an article in the draft charter that doesn't prohibit torture or trafficking of women and children.

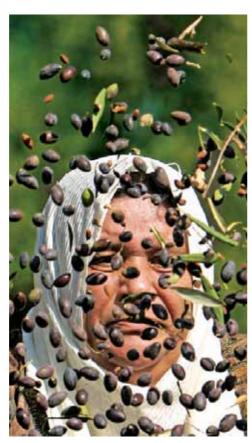
Another article seeks to install Al-Azhar, Egypt's premier Sunni Islamic institution, as the sole body authorized to interpret religious laws, effectively giving it a vetting legislative role over all laws to determine if they are in line with its interpretation of Islam. THE ASSOCIATED PRESS

#### Uranium for weapons?

#### Iran has capability to make nukes in a few months: Group

Iran could produce enough weapons-grade uranium to arm a nuclear bomb within two to four months, says a U.S. think-tank.

The international community fears Iran may turn its uranium-enrichment program toward weapons making — a concern that is growing as it expands the number of machines used to enrich its stockpile of the metal. THE ASSOCIATED PRESS



#### Olive harvest shakes things up

A Palestinian woman sorts olives during a harvest in the West Bank village of Kabatyeh, near Jenin, on Monday. Palestinians began to harvest olives this month, and they are a staple for many local farmers who also use them to make oil





Long Distance

### Use your mobile phone to call anywhere in the world





#### **Unlimited Canada**

Unlimited Canada wide calling

























Ukraine 8.95

Israel

Vietnam

10.9



4.0 Cm





780-665-1818

s for accusing in our admittaing. Common travers the right to correct any error in pricing or information of any time. LIMC DELIMES, Libriane Rain is between the librian riches, Common will not cont much against drawing a internet sources, hundred mixing form or prepaid calling cash due to the mixing against 19th or events the Tomach, to enclaim cause propried Callin Devices, Malabe Primer, sougher falled as the player see. Terre and include

metr⊕ **NEWS** 

### Presidential race. Romney takes jabs at Obama over Syria

Republican Mitt Romney, flashing new confidence on the campaign trail as polls showed him gaining ground in a tight race, assailed President Barack Obama's leadership in the Middle East on Monday and declared the U.S. must join other nations in helping arm Syrian rebels. Hoping to bolster his own

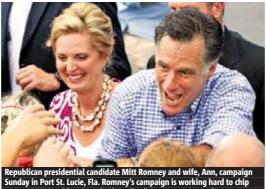
tify and organize those in the Syrian opposition who share American values, then work with American allies to "ensure they obtain the arms they need to defeat Assad's tanks, helicopters and fighter jets.

Romney said he would iden-

credentials,

THE ASSOCIATED PRESS

foreign-policy



away at U.S. President Barack Obama's advantage among early voters CHARLES DHARAPAK/THE ASSOCIATED PRESS



## RECYCLABLE







Find a Depot albertadepot.ca

### **U.S.** court to look at race in college admissions

**Legal debate.** The Supreme Court will consider whether to limit or rule out taking race into account

Nine years after the U.S. Supreme Court said colleges and universities can use race in their quest for diverse student bodies, the justices have put this divisive social issue back on their agenda in the middle of a presidential election campaign.

Nine years is a blink of the eye on a court where justices can look back two centuries for

legal precedents.
But with an ascendant conservative majority, the high court in arguments Wednesday will weigh whether to limit or even rule out taking race into account in college admissions.

The justices will be looking at the University of Texas program that is used to help fill the last quarter or so of its incoming freshman classes. Race is

More than eight in 10 African-American and Latino students who enrolled at the University of Texas flagship campus in Austin last year were automatically admitted, according to university statistics.

one of many factors considered by admissions officers. The rest of the roughly 7,100

freshman spots automatically go to Texans who graduated in the top eight per cent of their high school classes.

The simplest explanation for why affirmative action is back on the court's calendar so soon after its 2003 decision in Grutter v. Bollinger is that the author of that opinion, Sandra Day O'Connor, has retired.

Her successor, Justice Samuel Alito, has been highly skeptical of any use of racial preference. The associated press

#### He is or isn't. N.Y. court mulls if gang member is homegrown terrorist

In August 2002, a New York City street gang crashed a christening party, shouted out their superiority, confronted a rival and started a fight that left a 10-year-old girl dead and someone else paralyzed.

On Tuesday, New York's top court will consider whether one of the gang members is a homegrown terrorist.

Edgar Morales, a member of the Mexican-American gang the St. James Boys, sought to intimidate an entire population and deserves more prison time than others convicted of the same crimes, Bronx prosecutors say. They got him convicted for the shooting death in 2007 under the state's antiterrorism statute, the first case of its kind in New York. "Violent crime committed

by a street gang constitutes a crime of terrorism ... when it is motivated solely by the intent to establish a gang's 'street credentials' as the toughest Mexican gang in the Bronx," because those crimes are intended to intimidate or coerce a civilian population, prosecutors argue in a court

#### **Court of Appeals**

The Court of Appeals will hear the case Tuesday in Manhattan. Its ruling is expected next month.

They applied a statute that New York lawmakers passed just six days after hijackers crashed two jetliners into the World Trade Center towers on Sept. 11, 2001, killing nearly 3,000 people.

Now 30, Morales was ac-cused of firing five shots during the August 2002 fracas outside the christening party at a church, killing bystander Melany Mendez. He was convicted of manslaughter, attempted murder, weapon possession and conspiracy — each count enhanced in seriousness by the anti-terrorism law. He was sentenced to 40 years to life in prison.

On appeal, the mid-level Appellate Division said he's no terrorist under the statute and deserves re-sentencing. That would lower the maximum to 25 years. THE ASSOCIATED PRESS

# Popular giraffe dies in Lodz zoo

**Poland.** Animal that gained media fame after brutal attack died during surgery

Tofik, a male giraffe who won sympathy in Poland after he lost his two female companions in the wake of an attack by hoodlums near their zoo enclosure, has died during surgery for digestive problems, zoo officials said Monday.

The five-year-old Rothschild giraffe died Sunday, said Magdalena Janiszewska, the head of the zoo in Lodz, some 120 kilometres west of Warsaw. His stomach condition is believed not to be related to the attack.

The loss is particularly poignant for the zoo. Two female giraffes that were with Tofik in his enclosure during the May attack died of compli-

#### Attack

The endangered animals earned widespread media attention and compassion in Poland after hooligans tossed garbage cans and benches near their enclosure — frightening the normally skittish animals.

cations because of the stress. "It is a very bad year for us," she said. "It is hard not to talk of bad luck."

After Tofik was left alone, zoo officials brought in three other giraffes to mate with him and keep him company, hoping that it would help his recovery. They had been doing well until he fell ill.

New management at the zoo would like to bring in a new male in due time, Janiszewska said.

THE ASSOCIATED PRESS



## Live bugs. Florida man dies after winning roach-eating contest

Authorities say the winner of a roach-eating contest in South Florida died shortly after downing dozens of the live bugs, as well as worms. The grand prize in Friday night's contest was a live python.

The Broward County sheriff's office says in a news release that it is waiting for an autopsy to give the official cause of death.

However, the news release Monday says 32-yearold Edward Archbold became ill soon after winning and collapsed in front of the Ben Siegel Reptile Store where the contest was held. The store is in Deerfield Beach, about 64 kilometres north of Miami. Archbold was taken to the hospital, where he was pronounced dead

Police say several contestants ate insects but no one else became ill.

THE ASSOCIATED PRESS



#### Sharks circle beached whale carcass

A bird's shadow is cast on a beached whale carcass washed up on Muizenberg beach on the outskirts of Cape Town, South Africa, on Monday. Beaches remained closed on Monday as disaster-response teams attempted to recover the carcass amid an increase in shark activity. SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS

#### **TD Canada Trust**





Switch your chequing account to TD and bank when it's convenient for you, even on Sunday at over 300 of our branches. And in case you prefer to do your banking at another time, we're also open on Saturday and open earlier and later on weekdays.

www.tdcanadatrust.com/switch • 1-800-948-1348



Banking can be this comfortable



Offer available through November 2, 2012 but may be changed, extended or withdrawn at any time without notice. Conditions apply. See us for details. ®/ The TD logo and other trade-marks are the property of The Toronto-Dominion Bank or a wholly-owned subsidiary, in Canada and/or other countries.

metr⊕ **BUSINESS** 

#### Auto industry. GM to hire up to 1,500 at tech centre

General Motors plans to hire up to 1,500 workers to staff a new computer technology centre outside Detroit.

It is part of a move to bring 90 per cent of information technology in-house, which GM believes will make the company more nimble and efficient. The carmaker plans to hire 10,000 people at four new technology centres in the next three to five

The centres will help get breakthrough ideas into the company's cars and trucks, GM says

Last month the company announced it would hire 500 people for a centre in Austin, Texas. The remaining two sites haven't been announced.

The hiring reverses a trend toward outsourcing computer jobs at GM. But spokeswoman Iulie Huston-Rough said most carmakers strike a balance between doing computer work in the company and hiring outside firms.

The company is recruiting

IEED MONEY?

No credit checks

ABSOLUTELY SERIOUS!!!

\$20 HR NO BULL!

NO EXPERIENCE NO PROBLEM

It's not up to \$20/hr. It's \$20/hr

**780-429-2587** or come in and see u

period! Plus bonuses. B

#1930 - 10025 102A Ave (d

Fast approvals



on college campuses and local information-technology fairs. It's looking for people to fill jobs in software develop-ment, database management, project management and busi-

New chief information officer Randy Mott wants more people in the company working on development and innovation, and integrating the tasks into GM's day-to-day business, Huston-Rough said.

THE ASSOCIATED PRESS

#### Chinese tech giants

#### U.S. panel warns of espionage risks

American companies should avoid doing business with China's two leading technology firms, Huawei Technologies and ZTE Corp. because they pose a security and espionage threat to the U.S., the House Intelligence Committee warned Monday. The associated press

Original programming

#### YouTube launches European channels

YouTube is extending its original programming initiative into Europe, with at least 60 new video channels from media companies including Britain's BBC. London-based Freemantle-Media and the Netherlands' Endemol. THE ASSOCIATED PRESS



#### Supply chain to space

Is this the future of commercial cargo? SpaceX's supply ship, shown here at Cape Canaveral Air Force Station in Florida, took off Sunday night for the International Space Station on its first official trip under a \$1.6-billion US contract with NASA. SpaceX, or Space Exploration Technologies Corp., will make a dozen resupply flights to the space station, an essential service in the post-shuttle era. The unmanned ship consists of a Falcon 9 rocket with a Dragon capsule on top, and should reach the station by Wednesday

NASA/THE ASSOCIATED PRESS

### **Waist watch: Pop machines** to list calories

#### Consumer choice.

Move by soft-drink firms in U.S. comes ahead of regulation

As criticism over sugary sodas intensifies, Coke, Pepsi and Dr Pepper are rolling out new vending machines in the U.S. that will put calorie counts at consumers' finger-

The calorie counts will be on the buttons of the machines, which will also feature small decals reminding the thirsty that they can choose a low-calorie drink. The move comes ahead of a new regulation that would require restaurant chains and vending machines to post calorie information as early as next year.

"They're seeing the writ-ing on the wall and want to say that it's corporate responsibility," said Mike Jacobson, executive director of the Center for Science in the Public Interest, which

"Currently, people don't think about calories when they go up to a vending machine. Having the calories right on the button will help them make choices.

Mike Jacobson, executive director of the Center for Science in the Public Interest

advocates for food safety and

The U.S. Food and Drug Administration has proposed a less-stringent amendment that would allow vending operators to post the information on a poster on the side of the machine, Jacobson said. But he said the announcement Monday shows posting calories right on machines is perfectly feasible.

The vending machines will launch in Chicago and San Antonio, Texas, municipal buildings in 2013 before appearing nationally.

THE ASSOCIATED PRESS

#### Enbridge targets foreign charities in pipeline battle

Organizations founded by an American oil baron and a Silicon Valley philanthropist are among foreign charities targeted by Enbridge in its battle against critics of the proposed

Northern Gateway pipeline. Tens of millions of dollars have been donated to conservation groups and initiatives in B.C., for everything from Earth Day celebrations to aboriginal salmon recovery programs.

Ĭt's a point of contention for the pipeline proponent, which has asked the environmental review panel examining the Northern Gateway project to compel funding information from its critics. The panel returns to B.C. this week for final hearings on the project.

And it's a point of con-tention for federal Natural Resources Minister Joe Oli-ver, who earlier this year decried "foreign special-interest groups" that "threaten to hijack our regulatory system to achieve their radical ideological agenda.'

Enbridge has singled out specific charities in requests submitted to the panel, including foundations created by the co-founders of Intel Corporation and Hewlett-Packard

THE CANADIAN PRESS



protests in Vancouver on Friday. The group is opposed to Enbridge's propo Northern Gateway pipeline and the expansion of the Kinder Morgan Tra because of the potential for increased oil-tanker traffi



### Converts gasoline to adrenaline.

With its bold, dynamic AMG styling, the all-new 2012 SLK 350 instantly attracts attention. And with our dynamic handling package and 302 horsepower at your disposal, the ride is as exhilarating as its look. For ultimate closed-top cruising, raise the power retractable vario-roof and witness MAGIC SKY CONTROL - our innovative panoramic sunroof that adjusts from tinted to clear at the touch of a button. Visit davidmorrisfinecars.com

125! years of innovation



SLK Clearout - All SLK's reduced. Save \$10,000.

ris Fine Cars David Morris Fine Cars, 17407-111 Avenue, 780-484-9000, davidmorrisfinecars.com Mercedes-Benz STAR DEALER AMVIC LICENSEE

© 2011 Mercedes-Benz Canada Inc

#### WHEN LIFE GIVES YOU GENETICALLY MODIFIED LEMONS ...



The glass is half full ... no, really.

Every once in a while, my boyfriend — who tends to walk the line between "concerned partner" and "obsessive hypo-

chondriac"— will forward me an email containing the latest research on all of the foods that are probably going to kill me.

Most of these articles contradict one another — touting the health benefits of a certain food one month and then warning about its poisonous potential the next.

"Egg yolks are good for you."

"No, wait! Stay away from egg yolks!"
"Just kidding, eat egg yolks all the time!"

#### Ignorance is bliss?

"Some people might justify risky behaviour — ignoring those warning labels on cigarette packages or practising unprotected sex — based on the assumption that bad things only really happen to other people."

These research studies are the medical equivalent of riled up cable-news anchors who just can't stop shouting at one another. And yet, despite all the bad press out there — in food news and beyond — our brains are actually hard-wired to expect the best outcomes in life.

In her book The Optimism Bias, neuroscientist Tali Sharot argues that 80 per cent of us overestimate the likelihood of good things happening to us in our daily lives. Believe it or not, the majority of us have optimism as our

(somewhat delusional) default setting.

Our instinct is to try to make lemonade out of lemons. Unfortunately, the media are constantly telling us that those metaphorical lemons are actually the latest and scariest carcinogen-infested items at the grocery store.

Sharot explains that if we expect the future to be bright, stress and anxiety are reduced and our overall health improves. Which is great, in theory, but what about when we take our propensity for positive thinking too far?

The optimism bias can transform into a state of blissful ignorance and bring about a false sense of security. Some people might justify risky behaviour — ignoring those warning labels on cigarette packages or practising unprotected sex — based on the assumption that bad things only really happen to other people.

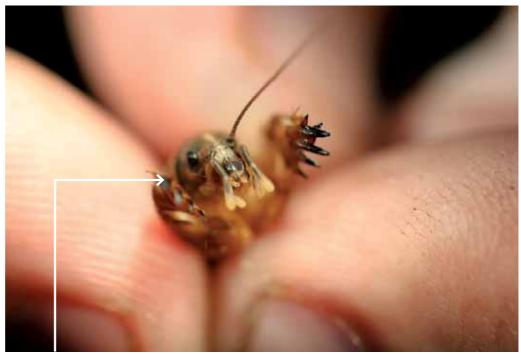
So is it possible to nurture our inclination towards glasshalf-full thinking while avoiding the dangers presented by unrealistic optimism?

Properly educating ourselves on healthy living is just part of the solution; we also have to do our best to block out the fear-mongering propaganda. I don't want to pretend that genetically modified fruit and antibiotic-riddled meat products don't exist, but I also don't want to be consumed with end-of-the-world panic every time I go to put something in my mouth.

In the end, we're far more likely to be hit by a car than poisoned by the items in our refrigerator and yet, if we truly thought about that risk every day, most of us would probably never leave the house.



### Is something 'bugging' you?



KERRY MALONEY/THE ASSOCIATED PRESS PHOTOS

#### It's a bug's life

### Trolling for insects is all the buzz

A Northern mole cricket is seen at Bayou Des Allemands in Louisiana.

Employees of the Audubon Butterfly Garden Insectarium in New Orleans collect bugs from the bayou to replenish the species in the insectarium's exhibits, while others are shipped to museums.

Much of the insect stock dies in a year or less, so the replenishment missions for local species are essential.

The trek to the buginfested bayou area near New Orleans is one they make six to eight nights a year from May to October.

One type of insect they gather, the Whirligig beetles, don't breed in captivity, so it's a numbers game: If two-thirds of each group die, the larger group will still have enough survivors to replenish the display.

"We're just rolling the

"We're just rolling the dice and hoping we have that really neat animal for as long as we can," Zack Lemann, of the insectarium, said.

The entomologists also troll fresh cowpats for the insectarium's dung beetles and the Audubon Species Survival Center on New Orleans' west bank to turn over rotting wood for glossy, black patent-leather beetles.

#### Fear Factor-esque

#### "They taste like soft-shelled crab."

Zack Lemann, animal and visitor-programs manager of the Audubon Butterfly Garden Insectarium, on the dragonflies he freezes and cooks.

#### On a wing

900,000

Only a fraction of the 900,000 species can be put on display at the insectarium. Many are too tiny or simply too dull — the museum needs animals that are big, brightly coloured or do interesting things.





Register at metropolitanpanel.ca and take the quick poll

### Has the latest recall scared you away from eating beef?



### Twitter

#### @Chan\_Wow:

That I lived in a city that had a homicide a week last year... An I didn't get murdered #yeg #thingsiamthankfulfor

#### @tbest8118:

Making some killer post Thanks Giving turkey stock! Great weekend is almost over and lots to be thankful for! Happy TG #yeg

#### @reddekoppter:

#fact despite NY smog, running in Central Park makes your lungs

feel like they have developed asthma less than jogging in #yeg river valley

#### @KimmieQ10:

Happy Thanksgiving! I am grateful for all you wonderful tweeps :) #yeg #thanksgiving

#### @NicolePakan:

if you haven't tried the #Three-Boars eatery, you should. Delicious creative food. I love the #yeg independent restaurant





#### Enjoy the biggest selection in town...at the best value!

With thousands of new and gently used Halloween costumes, accessories, make-up and home décor, we are your one-stop-shop for all things Halloween!

#### It's time to say Boo! to boring costumes.

Not sure what to be? Find a Costume Consultant at every store who can help.













### Now pay attention, 007!

Bond quiz. How much do you know about the world's most famous secret agent?

#### **ANTHONY** JOHNSTON

Fifty years of 007 have given us loads of movie trivia ammo. Test your knowledge and find out if you're licensed to kill or

#### 1. Ursula Andress starred as the first Bond girl in Dr. No (1962). What was unusual about her role?

(A) She had to sleep with Bond actor Sean Connery to get the

(B) Her character's voice was provided by someone else, due to her heavy foreign accent. (C) She wore a blonde wig.

(D) She had plastic surgery on

#### 2. Which Bond movie sees 007 wear a Scottish kilt, meet some brainwashed beauties and get married?

(A) Dr. No (1962) (B) Goldfinger (1964) (C) Thunderball (1965) (D) On Her Majesty's Secret Service (1969)

#### 3. Which was the first Bond film to feature the famous car Aston Martin DB5?

(A) From Russia with Love (1963)(B) Goldfinger (1964) (C) Thunderball (1965) (D) Diamonds Are Forever

#### 4. George Lazenby is the only James Bond actor not from Great Britain or Ireland. Where is he from?

(A) Australia (B) Hungary

(C) Canada (D) New Zealand

5. In Live and Let Die (1973), how does Bond kill drug





trafficking bad guy Kananga (a.k.a. Mr. Big)?

him with dart gun (B) Throws him in the Louisiana bayou, then eaten by crocodiles

(C) Forces a shark gun pellet into Kananga's mouth, causing him to blow up like a balloon and explode

(D) Falls in a coffin filled with snakes and dies from venomous snakebites

#### 6. In For Your Eyes Only (1981), Bond's arch-nemesis Ernst Stavro Blofeld finally meets his demise. How is he killed? (A) Falls off a cliff edge after try-

ing to save his cat (B) Shot in the back by Jaws (C) Frozen to death in an ice chamber in Iceland (D) Bond drops him into a factory chimney from a helicopter

7. In The Living Daylights (1987), what does Bond to-

Answers: 1. (b) 2. (d) 3. (b) 4. (a) 5. (c) 6. (d) 7. (a) 8. (d)

- 1-3 correct. Agent Zero
- 4-7 correct. Double O-kay
- 8-10 correct. Licence to

Visit metronews.ca for more James Bond coverage, including a look at the newest film, Skyfall. Tomorrow, Metro looks at the Top 12 Bond Girls and more celebrities reveal their favourite 007 actor.

#### boggan down the snowy hill?

(A) Cello Case (B) Crate of Bollinger (C) Wooden sledge (D) Speed boat

#### 8. In Die Another Day (2002), which celebrity cameos as a fencing instructor?

(A) Tina Turner (B) Britney Spears (C) J.K. Rowling (D) Madonna

#### 9. What drink does Bond order in the poker scene in Casino Royale (2006)?

(A) Vodka Martini, shaken not

(B) The Vesper: Three measures of Gordon's gin; one of vodka; half a measure of Kina Lillet vermouth. Shake it over ice, add a slice of lemon peel.

(C) Death in the Afternoon: 3 tablespoons of absinthe, 1/2 cup of Champagne (D) Rum and coke

#### 10. Oscar-winning actor Javier Bardem plays the bad guy in upcoming movie Skyfall (2012). What's the character's name? (A) Lex Luthor

(B) Shredder

(C) Raoul Silva

(D) Keyser Söze





#### Be a baby's hero. Donate diapers today!



Diapers can be dropped off at any Servus Credit Union in Edmonton.

October 10 - 31, 2012

terracentre.ca











metr⊕ **SCENE** 



"I think. On Her Majesty's Secret Service would

be my favourite Bond. It's a hell of a movie, it holds up very well. What I liked about it that we've tried to emulate in [Inception] is there's a tremendous balance of action, scale, and romanticism and tragedy and emotion. Of all the Bond films, it's by far the most emotional."

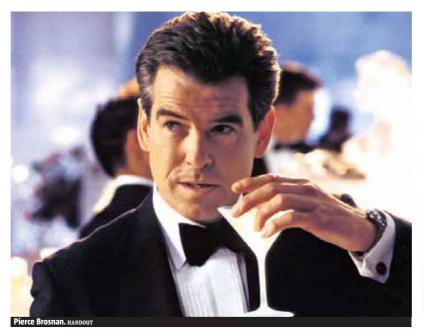
Christopher Nolan, director of The Dark Knight and Inception, talking in Empire Magazine about George Lazenby's turn as



"I think Roger is the best Bond.

of course. Not just because of being my Bond, but because if you read the early Ian Fleming books describing him, that's how he was. He was a bachelor, unattached, he was luxurious, sophisticated, and he was not available for females so no long term relationships there. I think Roger really portrayed that."

Britt Ekland, Bond girl in The Man with the Golden Gun, talking to the Telegraph about Roger Moore.





### Do you have the heart of Bond?

Quiz. So maybe you don't drive an Aston Martin, but you still might be Bond-like

#### **KIERON** MONKS

Our quiz will reveal how you measure up, but be warned: you could also be a lab techni-

#### You're stepping out to a VIP party · what are you wearing?

A) A smart outfit but not overdoing it - your face will do the

B) It's what I'm NOT wearing

that matters

C) A cardigan to hide in D) A graphite suit

#### You've woken up from the most wonderful dream. What was it about?

A) Dropping witty one-liners in B) Being surprised with lobster for breakfast

C) Finding the Higgs Boson par-

D) WORLD DOMINATION

#### Damn — you missed your train. How do you react?

A) Run after it and nimbly scuttle aboard B) Think 'what a tragedy for the passengers

C) Wish time travel was real D) Shout vile abuse at the driver

#### Your friend suffers a sprained ankle, what's your treatment? A) What friend?

B) Prod them with a long stick, to check if they are alive

C) Put your field medic training to good use - you always keep a first aid kit handy D) Laugh

#### Your house is burning down - what one item do you

A) Weapon

B) Mirror

C) Briefcase

D) Cat

#### Who is your hero?

A) Winston Churchill B) Kim Kardashian

C) Isaac Newton D) Captain Hook

#### What scares you most?

A) Honesty

B) Poverty C) A mutant bacterial strain

D) World peace

#### What are you doing for your birthday?

A) Disappearing B) P-A-R-T-Y

C) Feeling

uncomfortable around your loved ones

D) Being obnoxious because you've earned it

#### What is your deadly sin?

A) Lust

B) Pride C) Envy

D) Wrath

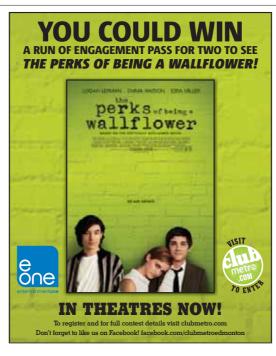
#### What are relationships for?

A) Ego B) Money

- Mostly As. Congrats! You are Bond, you charming sociopath!
- Mostly Bs. Do your collars and cuffs match? You are Bond girl.
- Mostly Cs. You are Q and will always prefer devices to people.
- Mostly Ds. Say hi to your friend, Mr. Kidd. You are a villain and not to be trusted.

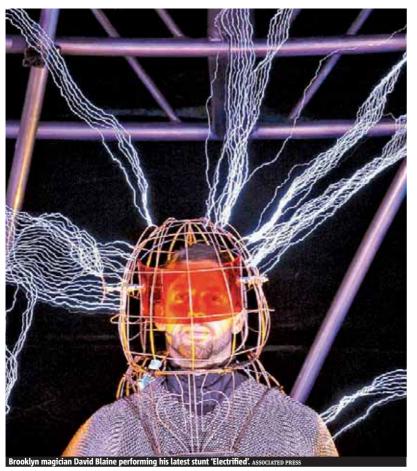
C) Self-esteem D) Ruthlessly exposing weak-







metronews.ca SCENE 25



# No one's volt but his own: 'Electrified' is Blaine's latest stunt

He's electric. NYC magic man will stand for 72 hours surrounded by electricity on podium without food or sleep

#### MICHELLE CASTILLO

letro World News in New York

When Claire Fraiser, a sales associate in the Garment District in New York City, heard about magician David Blaine's latest stunt "Electrified," she grabbed her daughter and headed down to Pier 54 in Manhattan on Saturday morning to see the spectacle for herself.

"I think it's a bit mellow," she admitted about the performance. "He's probably saving his best acts for later on when there's more of a crowd."

Mellow is relative, especially when you're talking about Blaine. The Brooklyn, New York-native has been sealed in an ice cube for almost 64 hours, stood on top of a 100-foot pillar with no harness for 35 hours and placed himself inside a plexiglass cage 30 feet above the River Thames for 44 days – while only consuming water the entire time.

For his latest feat, Blaine is standing on a 20-foot high platform for 72 hours straight, without food or sleep. If that weren't hard enough, he's surrounded himself with Tesla coils that are transferring one million volts of energy from one area to another while he's in the middle of it. He'll have to concentrate on staying still, while there's the constant crackling of electricity and loud music blaring the entire time.

To up the danger, people are allowed to control how much electricity is pumped through the contraption through a computer. Other events have been

#### Big tricks

The Brooklyn native has a list of memorable stunts. Here's his high points.

- Frozen in time. Blaine was sealed in a block of ice for over 63 hours.
- Endurance. Blaine sat in a glass box for 44 days drinking only water.

coordinated, including one on Sunday evening where musician Andrew W.K. played a solo on a keyboard that is connected to one of Blaine's Tesla coils. The notes will power the flow of electricity.

"I'm absolutely electrified and terrified by the opportunity to play a keyboard solo and to use this incredibly powerful device" Andrew W.K. said in a statement on his website.

Search over 50,000 used cars, fast and free.

autocatch.com





metr⊕

#### **Prometheus**

Director. Ridley Scott

Stars. Noomi Rapace, Logan Marshall-Green, Michael Fassbender

Prometheus valiantly asks the big questions — Who are we? How did we get here? — but then settles for banal answers. Director Ridley Scott diverts from a standard Alien prequel to muse about the spark of humanity, positing godlike activity in places far from heaven that his curious earthlings choose to visit. Their chariot is the trillion-dollar spaceship Prometheus, named for a reckless god. Scott's high motives take the low road when he gets to the vuck factor expected of all Alien movies, which now total five if you include Prometheus — and you should. A cool Michael Fassbender and warm Noomi Rapace make for inspired hires, saving the movie from its own excesses. Prometheus underachieves the awe but over delivers the ick. A lot more was promised, but pass the popcorn anyway. In space, no one can hear you whine. PETER HOWELL

#### **Rock of Ages**

Director, Adam Shankman

Stars. Julianne Hough, Diego Boneta, Tom Cruise

Yes kids, there really was a time in the 1980s, just before the necessary corrective of grunge, when bands like Journey, Foreigner, Poison and Def Leppard were taken seriously. It was a decade when conjugating the verb "to rock," while dancing in leopard-skin pants and singing about small-town girls livin' in lonely worlds, was considered the height of cool, if not lyrical brilliance. So it's hard to be too hard on what director Adam Shankman has done with this screen adaptation of Rock of Ages, the Broadway hit musical that proved no material is too vapid for Broadway. He and his willing co-conspirators, including a cocky Tom Cruise, a castrating Catherine Zeta-Jones and a conniving Alec Baldwin and Paul Giamatti, gleefully go over the top together, trying to see who can out-camp the other in recreating rock's most embarrassing era.

PETER HOWELL

### From Breaking Bad to recreating a break out CIA operation in 1970s Iran

**Argo.** Bryan Cranston talks about the unsung heroes of covert ops and how he escaped growing a bad '70s shaq for this role



EHRBAR orld News in Hollywood

SWEDISH JEWELLERS

Across from Holt Renfrew, Downtown Edmonton

Bryan Cranston is a busy man. Aside from wrapping up his regular gig on Breaking Bad, the three-time Emmy-winner has been popping up in a lot of movies — seven in 2011 and six in 2012. In his latest, Argo, he teams with director and star Ben Affleck to present a decidedly positive view of the CIA

You get off pretty easy as far as the '70s hair goes in this

your co-stars. You know, Ben was asking me as we were going along, "How's the hair growing?" And it was growing out at the time. I shave it for Breaking Bad. I said, "If it's not as long as you think it should be, then we can put extensions in it. But it's coming! It's over the ears now," and that sort of thing. By parting it and swooping it, it was good. If there was

anyone who had more conservative '70s hair, it would be someone at the CIA — an older guy during the 1970s, not so shaggy, not so unkempt. So it worked.

You're dealing with playing someone high-up at the CIA, an organization that's not always portrayed that positively in film. But in this particular story, the organization is pretty heroic.

Ph: 780-424-4777

Mon-Fri: 10am-6pm | Sat: 10am-5pm | Closed: Sun & Hol.

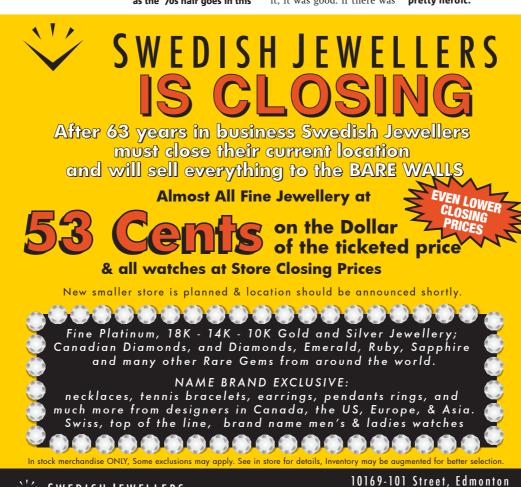
It's interesting. Normally you have a clear protagon-ist and antagonist in your movie. This wasn't clear. We know who the protagonist was, but who's the antag-onist here? It really became that this ideology, this force of oppression, like a barometric pressure, like it's going to break open and rain if they don't get these guys out. But there were all kinds of splinter groups of protagonists, like the Hollywood component. And talking about the maligned CIA, well look at Hollywood! Hollywood is skewered all the time — and not undeservedly so at times. It's easy. And here you have two people from the "Hollywood industry" that for all intents and purposes are doing this out of the goodness of their hearts. There's no money being exchanged, there is no public recognition, there's no award, there's no nothing. All it is, is doing something to try to save six American lives.

#### That's a major theme of the film, that idea of doing this job with the full acknowledgment that you're not going to be recognized for

Exactly. And that's why I rebuke the idea that this was politically motivated. Because these men and women at the CIA were doing this knowing, believing that they would never be recognized for this. And that has to be OK. You have to take that as, "This is what I do for a living. We do things and we accomplish many things — most of them are good, actually and we get no public credit for them because of the na-ture of the work itself." You just can't tell anyone. And if this was not declassified, they would still not know.

#### Since Breaking Bad has become such a success, you've been doing a lot of movies. How do you find the time?

I actually turn down a lot more than I accept, so it's all about the quality of the film and if it fits in the schedule. My primary responsibility was to "Breaking Bad" from a professional standpoint, and I have a responsibility to my wife and daughter and that sort of thing, and I want to maintain that. There were a couple of other projects that I was supposed to be a part of that I couldn't do, and that's all right. I'm very fatalistic when it comes that. If it's supposed to be, it's supposed to be. If not,





DISH



### Perry fed up with John Mayer's wandering eye

This is getting tough to keep up with. Katy Perry has report-

edly called it quits with John Mayer once again after getting fed up with his inattentive ways and wandering eye, according to Radar Online.

"John just can't commit, and he kept luring Katy back with promises that he was going to change, but then he didn't," a source says. "Katy was pretty crazy about him, so she kept giving him another chance. John liked Katy, so

he wanted to keep her in his life, but it just wasn't up to Katy's standards.

The pair gave romance a go in August, only to break up after two weeks and then get back together again in September.

"She needs the guy to be on board 100 per cent, and she was sick of John disappearing for five days at a time then booty calling her then straightening up and treating her well, only to go back to his old behaviour a few days later," the source says.

### SNL star ducking work to spend time with Wilde

Things are reportedly getting pretty serious for Olivia Wilde and Saturday Night Live star Jason Sudeikis, her boyfriend of nine months. "They are living together

now," a source tells Us Weekly. "Totally inseparable!" Sudeikis has even been ducking out of work to spend time with Wilde, as he did one night last month. "Everyone on the show staff was writing late," a source says

"But Jason managed to sneak over to Radio City Music Hall to see Bon Iver with Olivia." As for the next big step, marriage is apparently not in the immediate future for either Wilde or Sudeikis, who both ended marriages within the last two years. "They've both been married, so they've already experienced that and know what it entails," the source says. "It's something for down the road.

### METRO DISH



DeVito and Perlman: Goodbye to a long marriage of two short people



WORD

Besides recounting the latest idiotic exploit of Lindsay Lohan, I sometimes feel like celebrities either separating or divorcing is the only thing I write about it in The Word.
But none of the break-ups

I've featured on these pages have been as sad as what I'm about to tell you: After more than 30 years of marriage. Danny DeVito and Rhea Perlman are separating.

Yesterday, Entertainment

Tonight broke the news that the similarly statured couple (he's 5'0" and she's 5'1") had split. And then the unthinkable happened: Danny Devito's rep confirmed their separation to Us Weekly. The two married in 1982 and have three children together.

But, fear not! After some intense "investigative reporting" by yours truly (and by investigative reporting, I mean I stumbled upon some random GeoCities webpage listing the heights of famous people), there are other actors Perlman and DeVito can date in order to retain the adorable-factor of tiny actors in love. My suggestions:

For Rhea: Rick Moranis 5-foot-1 David Faustino 5-foot-3 Dudley Moore (RIP) 5-foot-3

Jason Alexander 5-foot-5

For Danny: The Olson Twins 5-foot-1 Sissy Spacek 5-foot-2 Patricia Arquette 5-foot-1 Kristen Bell 5-foot-1



### Her? Arrested Development star weds actress

David Cross married actress Amber Tamblyn over the weekend, his rep confirms to Us Weekly. The news was broken by director Lance Bangs, who posted a photo to Instagram of the couple

dancing at their reception, with the caption read-ing, "Yo La Tengo playing Superchunk, Mission of Burma and Pixies covers at David and Amber's wedding." The pair became engaged in August 2011.



@lindsaylohan Girls Love Shoes!!!





@jimmykimmel one thing about the sewer - it's jam-packed with super villains



@mindykaling I accidentally sprayed myself in the face with hair spray but I gotta say, it's a pretty good makeup seal-



@SteveMartinToGo Electric eye failed on airport urinal. Had to flush it myself. WHAT'S GOING ON WITH MY LIFE?



2009 Hyundai Elantra

2008 Hyundai Entourage Leather, roof, power sliding doors.

2012 Dodge Ram 1500 4x4

GOOD, THE BAD, OR THE UGLY CRED

**FICK** 780.966.5514 or 1.866.254.4516

28 **WELLNESS** metronews.ca Tuesday, October 9, 201

## Better options than Botox

Beauty An alarming amount of Botox-injected faces were seen front row during fall Fashion Weeks. But do you really want a frozen zombie face? We find out how facial yoga helps tone the face, naturally

#### ROMINA McGUINNESS

As we age, collagen and elastin (the protein fibres responsible for maintaining the skin's elasticity and structure) production decreases. In a desperate attempt to ward off fine lines and wrinkles, people splurge on Botox jabs and miracle skin creams.

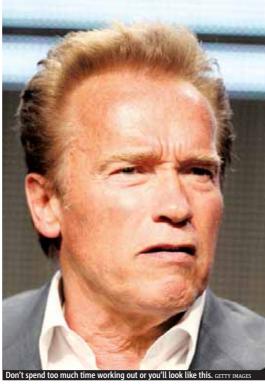
"Botox doesn't last forever and skin creams are topical," warns Annelise Hagen, facial yoga expert and author of Yoga Face. "Neither fix what's going on underneath the skin's surface, such as loss of muscle tone and lack of oxygen. Doing regular facial exercises increases circulation and blood flow to the face, which has been proven to prolong the production of collagen and elastin."

of collagen and elastin." Still skeptical? Hagen gives us the lowdown on facial yoga.

### 1. It is better than Botox.

"Botox is a quick fix, the benefits are temporary. It's so obvious when you get it done that people will probably assume you have low self-esteem. Facial yoga addresses the cause of the problem, such as loss of muscle tone, whereas all Botox will do is mask the symptoms."

### 2. Facial muscles do their own thing.



"Facial muscles respond to exercise just like any other muscle, only they're involuntary. They do what they want, when they want. Anything you feel or think registers on your face. Facial yoga teaches you to become aware of what your face is doing, because after years of scowling, thinking or frowning, small lines will have formed."

### 3. It gives your face a workout.

"Some lines, such as forehead or pucker lines, form because of things your face is doing habitually, such as frowning or kissing. You can get rid of these by smoothing out and relaxing

the face. Other lines, like the nasal labial fold that goes from the nose to the mouth, tend to be caused by tension and the dragging down of gravity. The only way to get rid of these is to strengthen the muscles in that area. Contracting the muscle alone won't work. What you need to do is apply fingertip pressure to the area so that the muscle is pushing against something. Don't drag or pull with your fingers. Simply offer a resistance point so that the muscle has something to work

### 4. The results are immediate.

"A Botox jab smoothens the face because it effectively paralyses the facial muscles. But relaxing your face does exactly the same thing. As you go through the poses, you're stimulating collagen and elastin production and increasing circulation to the facial area. This will make your face appear plumper and improve skin tone."

### It helps relax and rejuvenate your face.

"A lot of people don't realize this but holding in tension anywhere from below the eye socket to the neck and collarbones will drag the face and its muscles down. Facial yoga releases the tension, eventually lifting the face."

### 6. You could even lose some wrinkles.

"There are some very big muscles in our face (the zygomatic, the masseter and the mentalis) but by working them out and training them, we can actually change the way our face looks. We can help a droop become a lift, or at least be in neutral."

### 7. It allows you to age gracefully.

"Everyone's looks will fade. But doing regular facial exercises can help you look your best at any age and even lose a few years. If you're impatient and want an expressionless face, go ahead and (try) turn back time with injections or surgery."

### 8. Overdo it and you'll look like Schwarzenegger.

"You don't want to be overly built in the face, unless you want the facial structure of Schwarzenegger. A sequence of eight moves for 10 minutes, two to three times a week is enough.

#### Kapalbhati

### Kapalbhati skull shining breath

This detoxing yoga breath brings so much circulation to the face it will literally make you shine.

#### How to:

- Sitting cross-legged on the floor, cup one hand lightly in the other and press them gently against your lower belly.
- 2. Quickly contract your lower belly, pushing a burst of air out of your lungs. Release the contraction of your hands so that the belly rebounds to suck air into your lungs.
- 3. Repeat 10 times at about one exhale-inhale cycle every second or two.

Do 25 to 30 cycles at first, eventually increasing this







### Improved outlook for breast cancer patients

Health science. Small advances to research and recovery have those affected living with a higher quality of life

Cure? Not yet. While no one has hit a home run in curing breast cancer, there have been lots of base hits. And that is very good news for women.

"Advances may be by themselves modest," says Halifax surgical oncologist Dr. Geoff Porter. "But when you start adding them up, you see a 40 per cent reduction in breast cancer mortality."

Porter, who is the Ramia Chair in Surgical Oncology at Dalhousie University, says progress does not occur overnight

"But there is no doubt the



40%

On balance, women with a breast cancer diagnosis in 2012 have on average 40 per cent less chance of dying of the disease, compared to 1986, says Dr. Porter.



research in breast cancer has served patients well."

Metro asked Porter to name the top three advances in breast cancer treatment over the last five years.

The first is that doctors can better understand what

medications are most likely to work, based on the genetic profile of the tumour.

"This tells us which patients benefit from which chemotherapy. Conversely, patients aren't getting exposed to something ineffect-

ive," says Porter

Another advance is that breast cancer surgeries are becoming less and less invasive.

"Five or 10 years ago, women who were having surgery for breast cancer would routinely have a lot of lymph nodes in the underarm removed. In a lot women now, we can avoid that and have a much smaller procedure," says Porter.

The third advance is that women living with metastat-

ic breast cancer — where the cancer has spread to other organs — are living longer and having a better quality of life

having a better quality of life.

"It makes the outlook for patients diagnosed with breast cancer much better," he adds.



metr⊕ 30 FOOD metronews.ca Tuesday, October 9, 2012

## Trim down Asian fare with these Sweet 'n' Sour Meatballs





ROSE REISMAN for more, visit rosereisman.com

Create your own healthy Asian fare at home. By using ground chicken, you reduce the calories, fat and cholesterol (377, 7.7. g and 73 mg per serving, respectfully) of ground beef. But feel free to substitute any meat of your choice for the chicken.

- 1. In bowl, combine chicken, onion, ketchup, bread crumbs, egg, salt, pepper; mix well. With wet hands, form meatballs, using 1 tbsp of mix for each. Place on a plate; set aside.
- 2. In saucepan, heat oil over medium heat. Add garlic and onion and cook just until softened, 3 mins. Add bell peppers and cook 4 mins. Add tomato and pineapple juices, chili sauce, brown sugar, cornstarch and meatballs. Cover, reduce heat, simmer 25 mins., or until meatballs cooked through.
- **3.** Meanwhile, bring rice and water to boil; cover and simmer

#### **Ingredients**

- 12 oz ground chicken
- 1/4 cup finely chopped onion
- 2 tbsp ketchup
- 5 tbsp seasoned dry bread crumbs
- 1 egg
- pinch of salt and pepper
- 2 tsp vegetable oil
- 2 tsp finely chopped garlic
- 1/2 cup chopped onion • 1/2 cup each diced red and green bell peppers
- 1 1/2 cups tomato juice
- 2 cups pineapple juice1/2 cup sweet chili sauce
- 2 tbsp brown sugar
- 1 tbsp cornstarch
- 1 cup white rice
- 1 cup water • 1/2 cup diced pineapple
- (fresh or canned)
   3 tbsp chopped parsley

• 3 losp chopped parsley

10 mins. Remove from heat and let stand 10 mins, covered.

4. Serve meatballs and sauce over rice. Garnish with pine-apple and parsley. Rose Reisman's Family Favorites (WHITECAP BOOKS) BY ROSE REISMAN

#### Health Solution

### The frozen truth



**NUTRI-BITES** Theresa Albert DHN, RNCP myfriendinfood.com

Weeknight meals during the chilly season need mindless nutrition.

There is no need to default to a ready-made lasagna when a quick frying pan full of high-nutrient food, that is also warming of the belly, is close at hand.

Here are the top items for your freezer if you want to get gourmet and healthy picks right out of the box.

#### 1. Cookin' Greens

Cookin' Greens has a whole line of dark leafy greens ready to be stirred into a soup or pasta.

2. Frozen Shrimp

Frozen shrimp is the fastest cooking, exotic protein to go with your Caesar (salad or beverage).

3. Pizza

Whole grain thin crust pizza can be doctored with

fresh herbs, spinach and pine nuts for fast deliciousness

#### 4. Edamame

Edamame is the perfect appetizer or snack. Steam and sprinkle with sea salt for a healthy yum.

#### 5. Tortellini

Whole grain tortellini makes weeknight meals a snap. Just add salad.

There are foods in your freezer now that can make the difference between a messy meal and one that can help you fight off the next round flu. TV dinners don't have to be what they used to be — if you know where to look.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AROSEDALEMLINESS.COM IN TORONTO. SHE IS @ THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD. COM



#### **Mushroom Pot Stickers. Traditional dumplings**

- 1. In frying pan, place oil. Over medium heat, sweat shallots and garlic until translucent; add mushrooms. Season with salt and pepper; cook until mix is dry, 7 mins. Remove from heat and let mushrooms cool.
- 2. In bowl, using back of fork, mash beans. Fold in

ginger, scallions and cilantro; add rice vinegar, sesame oil. Season with salt and pepper. Once mushrooms cool, fold into bean mix.

3. Spoon 1 ml (1/4 tsp) almond butter onto dumpling wrapper. Top with 15 ml (1 tbsp) of mushroom filling. Wet edges with water, fold over one side and press

edges closed. Wet crease with water and crimp edges to seal. Continue with remaining wrappers, filling.

**4.** Bring pot of lightly salted water to boil. Gently boil 12 pieces at a time, 3 minutes or until floating. Remove from water, pat dry and place in a hot frying pan with oil and fry on one

side until golden brown, then turn over and fry other side to brown.

**5.** Garnish with black sesame seeds, thinly sliced scallions and ginger and drizzle with terivaki sauce.

THE CANADIAN PRESS/ CHEF AN-THONY ROSE OF THE DRAKE HOTEL IN TORONTO FOR THE ALMOND BOARD OF CALLEDRNIA

#### Ingredients

- 90 ml (6 tbsp) vegetable oil
- 5 shallots, diced
- 4 cloves garlic, diced
- 285 g (10 oz) shiitake mushroom caps, thinly sliced
- 250 ml (1 cup) canned black beans, rinsed
- 75 ml (5 tbsp) pickled ginger,
- sliced (reserve half for garnish)
   8 scallions, sliced (reserve half
- for garnish)
   30 ml (2 tbsp) chopped

cilantro

- 30 ml (2 tbsp) rice wine vinegar
- 15 ml (1 tbsp) dark sesame oil
- Salt and pepper, to taste
- 50 ml (1/4 cup) almond butter, divided
- 1 pkg dumpling wrappers
- Black sesame seeds, garnish125 ml (1/2 cup) teriyaki



## WagJag.com

#### GET DEALS ON THE GO!





### 50-90% Off Local Daily Deals





Buy For:

76% OFF 2 PAIRS OF GEL INSOLES

SNAGGERNET.COM

**BUY FOR: \$22** 77% OFF AN 18KT, GOLD-PLATED NECKLACE KOOL PRODUCTS 4 U



BUY FOR: \$29 67% OFF A GLASS-BEADED BRACELET



BUY FOR: \$32 50% OFF EMERGENCY PHONE BATTERY NEW LINE INCENTIVE





#### Unique Getaways Within Reach

Jaunt getaway and vacation packages are carefully designed to help you explore vibrant cities, experience new places and discover the world.







Follow Us: [7] @gojaunt [6] facebook.com/GoJaunt

visit: WagJag.com









metronews.ca Tuesday.October 9, 2012

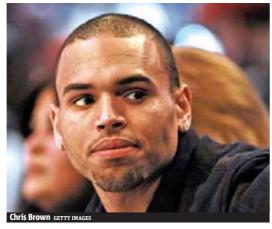
## Should Rihanna give violent 'love of her life' Brown a second chance?

Pair seen kissing in club. After all that's happened, Barbados pop songstress seems willing to let painful bygones be bygones

#### ROMINA MCGUINNESS

Last Monday night, former pop couple Chris Brown and Rihanna were spotted kissing and dirty dancing at a NYC club, fuelling speculation that the pair are rekindling their love life.

Rumours of reconciliation between Brown, 23, and Rihanna, 24, have been circling for months. Last February, Brown featured on Rihanna's remix of her song Birthday Cake as the Barbados songstress lent her vocals to Brown's remix of Turn up the Music. In June, Brown was bottled during a night-club fight allegedly involving Rihanna's ex boyfriend, Toronto rapper Drake.



But the biggest twist was Rihanna's emotional interview with Oprah Winfrey on Oprah's Next Chapter in August, when the pop star confessed Brown was the "love of her life" and that she'd forgiven him for his violent behaviour.

In 2009, Brown's thengirlfriend Rihanna was left hospitalized with visible facial wounds after Brown allegedly assaulted her.

The infamous incident caused massive public outrage, with fans urging Rihanna to stay away from her exboyfriend. Meanwhile, Brown decided to set the record straight by releasing the following statement, much to the ire of his most recent love interest



23-year-old model Karrueche Tran: "I have decided to be single to focus on my career. I love Karrueche very much but I don't want to see her hurt over my friendship with Rihanna. I'd rather be single allowing us to both be happy in our lives."

Brown then posted a video on Twitter, The Real Chris Brown (http://vimeo.

com/50805715) addressing the Chris-Rihanna-Karrueche love triangle. Speaking to the camera, he says: "When you share history with somebody then you tend to fall in love with somebody else, it's difficult. Is there such a thing as loving two people? I don't know if that is possible but I feel like

Can we love two people at the same time? Relationship expert David Sbarra has doubts.

"The neurobiology of love makes it quite difficult to be actively 'in love' with two people," Sbarra told Metro.

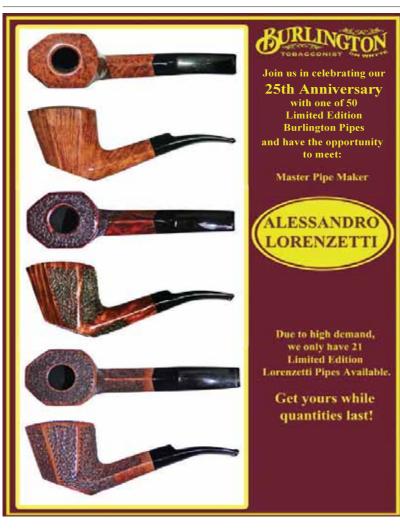
"When you're in love with

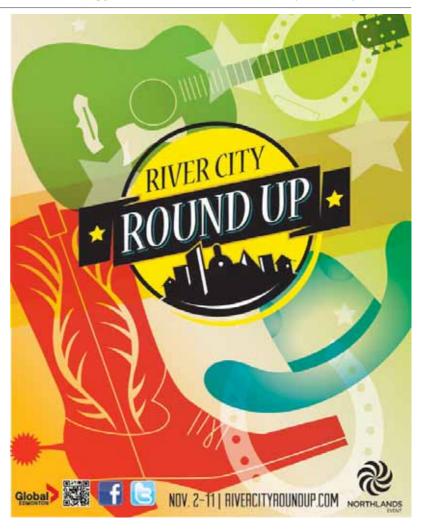
"When you're in love with someone, so much energy and mental space is devoted to that person, it's very hard to think about two people in this way."

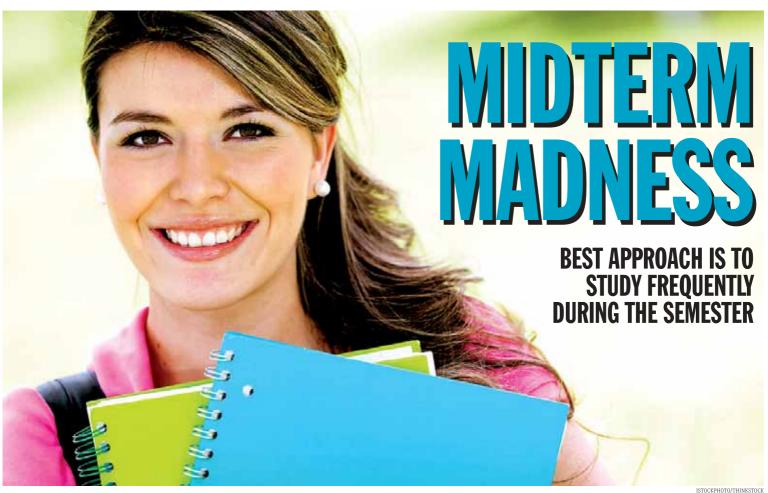
Many people will question how Rihanna can ever forgive Brown for the assault. Sbarra believes, however, that such an incident is "like an old sports injury one can live with."

"The psychological pain of a romantic breakup is like a physical scar or an old sports injury. When it's not too intense, we can play the same sport again, but the injury is still quite raw. Yet over time, we can get to a place where we don't even notice that old injury or hurt."

Right now, Rihanna and Brown seem determined to give their relationship another go. And they're not seeking anyone's blessing.







When studying for midterms, one of the biggest (and most common) mistakes students make is that they cram right before

"The brain just doesn't take in all that ... information at once," says Julie Lockhart, a writing and learning strategist with Mount Royal University in Calgary. "Our brain likes us to break things up into smaller pieces and go over it more than once."

For this reason, students should begin their midterm preparations as soon as classes begin and study the material on a regular basis. Students should use the course syllabus as a guideline for what topics they will need to know for the midterm.

Even if students haven't been doing

#### STUDY LOCALES: TWO SCHOOLS OF THOUGHT

When it comes to where one should study for a midterm, there are two prevailing schools of thought. One holds that people should study in the same place they always do, while another says they should change up their study locale.

'If we vary the location of where we study, it forces our brain to compensate

for the sort of distraction for the new stimulus that's around us and it actually makes our brain work harder," says Elizabeth Challis, a study skills facilitator at the University of Winnipeg.

She recommends that students experibest for them.

that, they can apply the same learning principle between now and their midterm. If the midterm is in three days and the student has three chapters to cover, they should plan to study one chapter a day.

In preparing for the midterm, students

shouldn't just re-read the material. In order for the brain to truly absorb the information, people need to do something active with the information.

"They need to go through lots of practice questions," says Elizabeth Challis, a

study skills facilitator at the University of Winnipeg. She even recommends that students make up questions based on the lectures and course readings.

"If they can't answer some of the questions, that means they don't know the material well enough," says Challis.

When preparing for a midterm, Joanne Mills, the co-ordinator of counselling services at Mount Saint Vincent University in Halifax, recommends studying in chunks of no more than an hour.

"I do feel that our concentration and focus work primarily for 45 to 60 minutes," she says.

Mills recommends taking a quick break if you feel your mind wandering or are having a hard time staying on task.

- Richard Woodbury



:••NCORDIA

OCTOBER 13, 2012 10 am - 2 pm

www.concordia.ab.ca



7128 Ada Blvd. Edmonton, AB T5B 4E4

## **ROBERTSON OPENS NEW CAMPUS**

#### IN EDMONTON

After great success in providing training for thousands of health care aide students in Calgary, Robertson College is expanding into Edmonton.

With a brand new campus now open in Edmonton, students can now receive the same quality Robertson education in the new location.

"Robertson College is the fastest growing western-based private education provider," says Violet Reid, campus director of Robertson College, Edmonton campus.

"With an existing strong base in Calgary, the next logical step was to bring it to Edmonton."

The school boasts a new, clean and bright feel that will make all students and visitors feel welcome.



ROBERTSON COLLEGE PHOTO

Similar to the Calgary location, this new campus will offer students small

class sizes, hands-on training and assistance in job searching upon completion. Robertson College, Edmonton, is now offering the health care aide.

"The high employment demands for this field made it an ideal choice for our first program," says Reid.

Plans to expand the course offers to include programs in business, health care and technology areas, are in the works

"We are offering curriculum we believe to be in high demand and the programs we offer are based on the employment demands of the community," says Reid.

The new Edmonton campus is located in the downtown core at the corner of Jasper Avenue and 100A Street and located near major transit routes and the Central LRT station.

For more about the new Robertson College location and the programs it offers, visit robertsoncollege.com.

### **NAIT INTRODUCES YOU TO MOSAICS**

The introduction to glass mosaic tiling course at NAIT will have students piecing together a creative new hobby or even new career in a matter of days this November.

"The course introduces the participants to the ins and outs of making mosaics using glass and glass tile while creating a mosaic wall hanging," says Margo Anton, mosaic artist and glass mosaic tiling instructor at NAIT.

"Students will learn a huge variety of concepts during this hands-on class."

During the first night of the three-day course, students will begin with a lecture on some historical aspects of mosaic, and then move into some of the technical aspects of mosaic.

Students will also learn about the selection of items to mosaic, adhesives to use, compatible glass and tile, and more.

They will also learn to cut glass using a variety of tools.

The class will continue with a discussion of design principles for mosaic, and

students will be given time to work on their designs for their project.

"By the time Friday evening ends, students will have created their designs and should go home with their heads buzzing full of mosaic possibilities," says Anton.

On the second day of the course, the theory will go into practice.

This is when the task of cutting and gluing all the pieces of the mosaic will happen and mosaics will begin to take shape.

On the final day, students will begin to grout their creations.

"Ultimately, students should leave with a finished project, and the knowledge to complete a mosaic on their own," says Anton.

Anton hopes this introductory course will spark enough interest to have students continue their education in mosaics.

"Mosaic is a medium that takes a brief time to learn, but a very long time to master," says Anton.

"Having good guidance can keep students from making technical or artistic mistakes that can prevent them from wanting to try again."

Anton has been working as an artist for



#### **PROGRAM INFO**

The introduction to glass mosaic tiling will run Nov. 23-25, with another session added in May 2013.

Because this course is offered over the weekend, it is ideal for individ-

For more information about this course, visit nait.ca.

more than 10 years and creating and teaching mosaics is her full-time job.

She currently divides her time between working on her "own" work on commissioned projects such as kitchen backsplashes, countertops, commissioned artwork, and other projects.



Learn.

Life-long learning never ends. Whether you want to pick up a course just for interest's sake or earn the degree you've always wanted, **Athabasca University**'s online and distance options are ready when you are. **Learn more at explore.athabascau.ca**.

## FIND RIGHT BALANCE AT MH VICARS

#### EDMONTON CAMPUS MOVED TO A NEW BUILDING RECENTLY

Going back to school as an adult can be daunting, and not just because it means a return to teachers, textbooks and notes. Training for a new career also means having to fit school into a schedule that's

already packed with work and family responsibilities.

MH Vicars School of Massage Therapy helps students find that balance through its independent study approach, which combines in-class instruction with directed home study.

After 10 years at its original location in the southeast part of the city, the school's Edmonton campus moved to a new building this summer and staff and students are very happy with the new space. It's colourful, attractive, and airy.

"I have always felt that if you make the space comfortable, students will have a better experience," says school founder Maryhelen Vicars.

"It doesn't look like your usual school because we don't do things like your usual school."

Classes began in September, and the new students were joined by a record number of practising therapists looking to upgrade their training. The Alberta government and insurance companies are in the process of defining the skills and training all RMTs should have, and many therapists are turning to established schools like MH Vicars to make sure they meet the new standards.

"We're pleased that so many RMTs are choosing us when they decide to go back to school," Vicars says. "They've worked in the industry, and they know and trust our reputation for producing some of the best therapists in Western Canada."

### EXPERIENCE SOCIAL WORK FIRST-HAND WITH NORQUEST

Whether she's in Whitecourt or Peru, the term "distance learning" holds different meanings for Nicole Barrett, a student in NorQuest College's social work diploma program.

At first, distance learning referred to how Barrett conveniently accessed the program from her home in Whitecourt, Alta. Later, Barrett travelled 9,000 kilometres to Arequipa, Peru, for another kind of distance learning. NorQuest College placed Barrett in the Peruvian city for six weeks as part of the required practicum for her first year of studies in the social work program.

"It was an eye-opening experience," Barrett says. "I went to Peru not knowing what to expect, but it was captivating from the beginning. It was an amazing opportunity to see first-hand the hardships and resiliency of the people of Peru."

NorQuest College's social work diploma program emphasizes the value of human diversity in a supportive and empowering environment

"More than anything, we wanted it to be a good learning experience for our students,"



NORQUEST COLLEGE PHOTO

says NorQuest College instructor Marcia Tait, who supervised the practicum. "Participating students developed a good grasp of the financial and social realities experienced in Peru and learned how their skills can be applied in a practical way."

Now in her second year of studies, Barrett continues to support Peru through her role as a board member of Standing Up for Peruvian Children, an Alberta registered non-profit society formed by Tait and NorQuest social work students. The society supports non-governmental organizations in Peru that host the student placements.

When applying to the social work diploma program, students are required to complete an interview to ensure they meet the admission and practicum requirements. Contact NorQuest College Community Studies at 780-644-6410 for more. For more information about the college, visit norquest.ca.

# Success is closer than you think. Join the 97% of Academy of Learning graduates who have found

Join the **91** 0 of Academy of Learning graduates who have found rewarding careers in Healthcare, Business, Information Technology, Hospitality, Legal and more!

FREE Career Consultation





www.academyoflearning.ab.ca

Edmonton Downtown (780) 424-1144 Edmonton South (780) 433-7284 West Edmonton Mall (780) 496-9428

West Edmonton Mall (780) 496-9428 Red Deer (403) 347-6676

OPEN HOUSE

OCTOBER 13, 2012 10 am - 2 pm



www.concordia.ab.ca

7128 Ada Blvd. Edmonton, AB T5B 4E4

GET A UNIVERSITY EDUCATION.

without getting lost in university

### **BILINGUAL DEGREE OFFERED AT U OF A**

#### FOR FACULTY OF **NURSING STUDENTS**

Recognizing that Canada is a bilingual nation, the University of Alberta, Faculty of Nursing also recognizes there is a need to train nurses in both official languages.

Nursing students at the U of A can enroll in the bilingual program to obtain a bilingual nursing degree.

"This is an exciting program that offers unique opportunities to study in both English and French," says Anita Molzahn, eean of the Faculty of Nursing at the University of Alberta.

"The program offers students the opportunity to maintain and continue to develop their English and French language skills in a unique small group environment."

This program is in response to a need expressed by students to get their degree in both official languages.

Students of this program will receive about 27 to 47 credits of instruction in French. Some of these courses may include clinical practice in bilingual or francophone settings

"In Alberta, there are many people of francophone background who are more comfortable speaking with a French-speaking health professional when they have health concerns," says Molzahn.

"Having more bilingual registered nurses offers them the opportunity to get culturally

The program has received the highest level of accreditation by the Canadian Association of Schools of Nursing, and positive reviews from the federal government and provincial regulators, according to Molzahn.

In partnership with Faculte Saint-Jean. the Faculty of Nursing bilingual program is funded in part by Health Canada and in part by the province of Alberta.

For more information about the Faculty of Nursing, visit nursing.ualberta.ca.



### DIGITAL SCHOOL BOASTS TOP QUALITY INSTRUCTORS

Learn from the best, when you decide to enrol at Digital School.

The quality of an individual's education can depend greatly on the quality of the instructors giving that education and at Digital School, their instructional staff are industryleading professionals.

Digital School currently employs two PhDs (Muhib Rahmatalla and Amir Azimi). and an architect with 40 years' experience in post-secondary instruction (Antonio Cuan).

Instructors at Digital School also include the only two people in Canada with Autodesk Professional certification in AutoCAD 2013 and Revit Architecture 2013 (Brandon Heurter and William Myers), as well as the only person in Canada with Autodesk Professional certification in Inventor 2013 (William Myers).

The entire Digital School staff have also just completed its Autodesk Certified Instructor training course.

Even the student support services officer, who helps students with non-instructional issues and works with them after they graduate in their job searches, has a business administration diploma.

Digital School also offers a number of full-time CAD (computer aided design) pro-



grams that are less than one year in length.

CAD courses include, computer aided drafter certificate, architectural CAD diploma, and engineering CAD technician diploma with process piping specialization.

"There is an almost unlimited opportunity for CAD technicians in Alberta in the foreseeable future," says Danny Luong, admissions adviser at Digital School.

Digital School runs four new intakes a year, one every three months.

For more information about Digital School, or to speak to an admissions adviser, visit digitalschool.ca.

### Dreaming of Massage Therapy?

Enjoy a well-paid, rewarding career as a massage therapist! Get the best massage education in Alberta, without having to give up your day job!

**Open House Events** 

5-7pm on Oct. 25, Nov. 8, Dec. 6

Learn the basics of relaxation massage in just a weekend! You'll love sharing your new skills with friends and family!

Relaxation Massage Weekend Workshop 9:30am-5pm on Oct. 27-28 or Nov. 24-25

www.mhvicarsschool.com

MH VICARS SCHOOL of MASSAGE THERAPY

1-866-491-0574



### **U OF C SOCIAL WORK MAKES A DIFFERENCE**

Make a difference in someone's life with a career in social work.

"The mandate of the profession is to make the world a more just and equitable place," says Avery Calhoun, associate dean, Faculty of Social Work, Central and Northern Alberta region for the University of Calgary.

"For people looking to make a difference in the world, social work is an easy way to do that."

The University of Calgary is now accepting applications for fall 2013 MSW (masters of social work) for Edmonton.

Calhoun says social work is a highly diverse field of employment, and students could go on to careers in areas such as health, addictions, geriatrics, mental health or child welfare.

She also adds that social workers are committed to making a difference in the lives of often marginalized and vulnerable people and communities.

U of C offers a blended delivery format to provide a two-year (part-time) masters program to BSW graduates and a four-year (part-time) masters program to those with undergraduate degrees in

disciplines other than social work

Combining virtual education formats with on-site block, evening, and weekend programming, the Edmonton MSW is accessible to students living outside the city and to those maintaining employment while pursuing graduate education.

The University of Calgary is the only institution in Alberta currently offering a degree in social work.

For more information about the MSW at the U of C in Edmonton, visit ucalgary.ca/fswcentralandnorth/MSW.

### THERE'S NO WAITING AT ACADEMY OF LEA

The job you want is waiting for you.

"The current employment market is very strong, but employers are still looking for skilled workers," says Brady Sylvester, admissions adviser at Academy of Learning.

"You can't get a job as a medical office assistant or an IT network administrator without the right education and creden-

Academy of Learning is a business and career college that offers diplomas in a number of fields in less than a year.

It offers career training in the main areas

of health care, office administration, accounting, IT and web design.

Academy of Learning offers dozens of diploma and certificate programs, with an overall graduate employment rate of 97 per cent, says Sylvester.

"Ninety-seven per cent of graduates from the 2011-2012 academic year found jobs in the areas they trained for," says Sylvester.

At Academy of Learning, a one-year program is equivalent to a normal two-year program at a semester-based college.

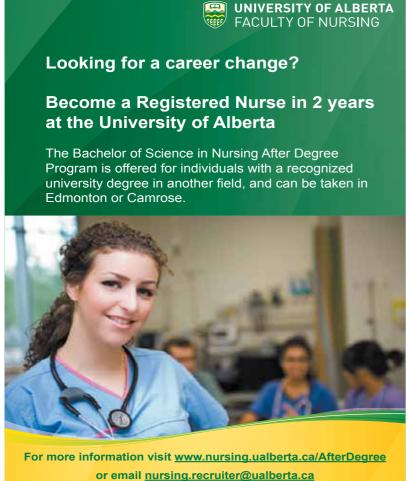
By offering enrolment each week, year round, students will not have to wait until the next semester or worry about waiting

"Where other colleges might have you waiting until next September, if you enrol in an Academy of Learning program today, you could be done by next September and out looking for work," says Sylvester.

With three easy-to access locations in Edmonton and two in Calgary, starting your career training has never been easier.

For more, visit academyoflearning.ab.ca.







### **CONCORDIA CARES ABOUT STUDENTS**

Getting into a post-secondary school might seem like the biggest challenge towards your educational goals, but maintaining good grades can be even more daunting.

At Concordia University College. the school wants you to succeed in your post-secondary educational pursuit. Here are a few tips to excelling in university.

"A big part of success is choice, and students can make decisions to pre-

pare themselves for university that will lead them to success," says Barbara van Ingen, director of Student Life and Learning at Concordia.

"There are many things to consider prior to attending university: Finances, enrolment information, career development planning, and identifying current strengths and new skills to develop."

One of these skills is the ability to study at a post-secondary school.

Concordia relates having a smooth ride through university to a well-tuned car. To Concordia, university is like driving a performance car that needs a lot of preventative maintenance.

Concordia recommends some of the following steps to lead you to academic success:

MANAGE YOUR TIME. Study when you are most alert and say no to other activities that take you away from your

**REVIEW, REVIEW, REVIEW.** The sooner you review, the more likely the information is to stick.

**3** STUDY IN GROUPS. Groups are a great way to learn course material, but make sure you connect with people with similar goals to yours.

"An education at Concordia prepares students to be independent thinkers, ethical leaders, reflective servants in their occupations, and citizens for the common good," says van Ingen.

"Concordia students benefit from the expertise of professors who are highly skilled in their fields, small class sizes that allow them to develop relationships with faculty and their fellow students, and a caring atmosphere."

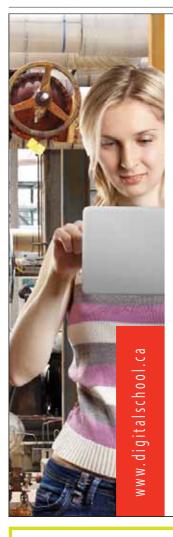
#### **MORE INFO**

Concordia students can earn bachelor degrees in arts, science, and management, after-degrees in education and environmental health, a career development diploma or certificate, a master of arts in biblical and Christian studies, a master of information systems security management, a master of information systems assurance management, a graduate diploma in information assurance, and graduate certificates in public health.

Concordia offers students a personal experience, and that begins with a discussion with an admissions, registration, and financial aid adviser, attending orientation, student success workshops, and career and personal counselling.

"These services help students to acknowledge and discover their positive and negative aspects and to stay in charge of their own learning," says van Ingen.

For more information about Concordia, visit concordia.ab.ca.



### LIVE THE ALBERTA DREAM

The Alberta Architecture, Engineering and Construction industry has a projected shortage of hundreds of technicians from 2013 and onward\*. YOU are needed to fill that gap.

#### **Design Your Future**

- ✓ Architectural CAD Technician
- ✓ Engineering CAD Technician with Process Piping Specialty
- Computer Aided Drafter
- and more!



computer aided design training

Call 780.414.0200

#304, 10205-101 STREET



**Social Work Education** 

IN EDMONTON

**MSW Info Sessions** 

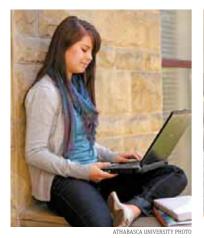
November 7 & November 28; 5:00 pm - 6:30 pm 444, 11044 Whyte Ave, Edmonton · 780.492.3888

> Apply now for fall 2013 MSW admission routes for BSW and other degree holders.

> > Prospective students: www.ucalgary.ca/fswcentralandnorth

Equality · Collaboration · Diversity · Individuals · Families · Communities







STOCKPHOTO/THINKSTO

### VIRTUAL LAB OPENS DOORS

### ATHABASCA AIMS TO REMOVE BARRIERS TO EDUCATION

Making education accessible to everyone is something Athabasca University takes very seriously, and with its new e-lab launching Nov. 2, this mission will be a reality.

Expanding on the Open University concept, this virtual lab will open the doors to education for students at Athabasca University and the general public.

"Our mission is to remove barriers to educations," says Dr. Evelyn Ellerman, e-lab co-ordinator.

"The university is now exploring questions of how we can help students find and critically evaluate information online, become competent in the use of online technologies for their own learning and research, and connect effectively with one another in asynchronous and synchronous environments. The e-lab is meant to be one means of assisting AU to find the answers to such questions."

This e-lab will serve all the practical functions that physical labs have served in the past, but it also anticipates the future in providing an online environment that encourages new forms of learning and professional growth.

Ellerman hopes this lab will change the relationship between students and education and address the Internet age.

Once the e-lab is complete, it will supply open access, online tools and services for teaching, learning and research to students.

This e-lab has been designed to develop and enhance the university's capacity as an online institution and assist in the transition from a print-based university to one that functions primarily online.

This project began in the communication studies program, and the proposal for the e-lab was approved by the university's IT learning and research committee.

Funding was secured from two levels of government.

The elements of the e-lab will include: E-portfolios; virtual tool cupboard; social media on the landing; self-guided workshops; research projects; exhibitions; and Canadian film online: Funded by the Canadian Heritage, Canadian Film Online, which provides an interactive database of Canadian feature films since 1960.

For more information about the Athabasca University e-lab, visit elab.athabascau.ca.

 $-\ with\ files\ from\ Athabasca\ University$ 









### ENGAGE CREATE INSPIRE

CONTINUING EDUCATION PROVIDES MUCH MORE THAN A WAY TO ADVANCE YOUR CAREER, TRY SOMETHING DIFFERENT, PURSUE A PASSION, BUILD A NEW SKILL SET.

#### Introduction to Glass Mosaic Tiling [CRP350]

Mosaic tiling can be an attractive addition to backsplash areas, furniture tops, walls or decorative items. Learn mosaic basics while creating a wall hanging for interior display. This workshop will cover terminology, materials, adhesives and technical issues. Following a brief lecture on the history of mosaics, the class will progress to design considerations, cutting and laying tile, grouting and finishing. Hands-on participation is involved at every stage of the process, and students will leave with the knowledge of how to make a glass mosaic on their own.

Fee: \$195 Hours: 12

Fri, 6:00 pm - 9:00 pm and Sat, 10:00 am - 4:30 pm and Sun, 10:00 am - 1:00 pm Nov 23 to 25, 2012

> For more information or to register call 780.471.6248 or email asknait@nait.ca.







metronews.ca
Tuesday, October 9, 2012



## Bonds put regular money in your pocket

#### Alison's Money Rule.

Don't dismiss bonds; they add safety to your investment portfolio



YOUR MONEY Alison Griffiths money@metronews

If you are looking for investing love today you'll find it in one word — yield. What's not to love about an investment that pays out regularly?

Before the current rock bottom interest rates became entrenched, government bonds provided a reasonable yield and ballast to your portfolio.

However, such investments are not much loved these days unless you choose those maturing in the far distant future.

You'll get a higher yield but it will be locked in. When interest rates finally rise your investment will be worth less. And your yield will be left behind as rates increase. So my advice is to choose short-term bonds for now.

One option is investment grade corporate bonds such as offered by the banks and other large, relatively stable corporations

Your risk is not much more than government bonds but the yield will be higher, .50 per cent to 1.25 per cent on average

age.

The best way to buy such bonds is through exchange-traded funds (ETFs.) These are listed on the stock exchange just like a stock.

Because ETFs track an index and do no trading, the fees are tiny, far lower than charged by mutual funds. They also spread the risk among the pool of companies in the index.

You can purchase hybrid ETFs, which are a mix of government and corporate bonds. But with today's low interest rates most people, except for the extremely risk averse, are better off sticking with investment grade corporate bond ETFs. Unlike buying individual bonds, which mature on a specific date, ETF's hold a bas-

#### Corporate bond ETF providers

- BMO. etfs.bmo.com
- **RBC.** funds.rbcgam.com/ etfs
- iShares. ca.ishares.com/ home.htm
- Powershares. invesco.ca
- First Asset. firstasset.com

ket of bonds and roll them over as each comes due. Look for average maturities of around six years or less.

Sometimes it's hard to tell whether an ETF has government or corporate bonds or both.

Click on the product list of the respective providers and go to fixed income. From there you can generally click on the bond ETF name and a summary will appear including management fee.

Look for the explanation of the index and there you will discover the content of the ETF.

#### Paying in cash

#### Sidestepping the tax man



FUN AND FRUGAL Lesley Scorgie money@metronews.ca

I recently moved into an eight-year-old inner-city condo that I love. It's got beautiful views, in fantastic location and the perfect amount of space for my lifestyle.

However, many of the features of my home needed to be upgraded when I took possession and so I embarked on a home renovation. I've focused on high-value aspects of the home such as the counter tops, sinks, faucets, glass for baths, appliances and removing a non-structural wall that was partially blocking my view of downtown.

On a few occasions throughout the three-month process, contractors quoted me prices in cash or cheque. Not surprisingly the cash quotes were significantly less.

This got me thinking about whether paying cash to sidestep the taxman is OK. Certainly it's more frugal to pay cash because you save big dollars and you avoid racking up your credit card. But, while paying cash can save you sales tax, there can be serious implications for not reporting income.

According to H&R Block's September 2012 survey, the majority of Canadians admit to paying cash to avoid sales taxes, but only 30 per cent feel that it's wrong to do so. Not surprisingly, younger



to save on taxes. Istock images

cash-strapped respondents, aged 18 to 34, appear more eager to save through cash payments than older respondents.

If an individual or business is looking for ways to save on taxes, there are legitimate tax credits and benefits available to Canadians.

Businesses, for example, can receive credits for over 20 different types of expenses such as automobile, telephone, healthplan premiums, insurance, bad debts, advertising and much more. Check out how you or your business can save money on taxes through Revenue Canada's website cra.gc.ca/taxsavings

Ings.

If you, as an individual, need to save money on big-ticket items like renovations, try negotiating the price with the con-

tractor by getting multiple quotes, work alongside labourers, source your own supplies and ask for discounts at every step of the process.

If you do have undeclared income, you can report it through Revenue Canada's Voluntary Disclosure Program. There are no penalties for declaring, but it doesn't exempt you from paying taxes or interest. Many contractors and restaurant workers declare income through this program.

Frugality shouldn't outweigh legality. Be financially resourceful when you're embarking on expensive projects and take advantage of legitimate tax savings.

Follow Lesley on Twitter





### Want to share your opinion? Interested in testing new technology?

#### Participate in the City of Edmonton's test of internet voting!

We're exploring the possibility of offering internet voting as an option for Edmontonians.

The Centre for Public Involvement invites you to share your opinion through online surveys and roundtable meetings.

You're also invited to vote in the 2012 Jellybean Internet Voting Election and test the internet voting system.

#### Voter registration:

October 8 – November 1, 2012

2012 Jellybean Election:

October 22 - November 2, 2012

We want to make sure it meets our expectations for voter privacy, security, auditability and usability. The great part about voting for jellybeans is that you don't have to live in Edmonton to vote — so tell your friends to get online to register and vote!

Learn more about internet voting and how to share your opinion on internet voting. www.edmonton.ca/internetvoting or call 780-496-8008.



#### NHL

#### Lockout talks to remain focused on secondary issues

The NHL and NHL Players' Association likely won't discuss economics when collective bargaining talks resume this week.

The sides have agreed to sit down together in New York on Wednesday and Thursday, but deputy commissioner Bill Daly said Monday that he expects the conversation to cover secondary issues, including "health and safety, medical care, drug testing, rent, and mortgage reimbursements (and) grievances."

Talks have been limited to ancillary topics since the lockout was enacted, including during two separate sessions last week.

THE CANADIAN PRESS

#### MLB

#### Orioles get back on level terms with Yankees

Rookie Wei-Yin Chen outpitched 40-year-old Andy Pettitte, and the Baltimore Orioles beat the New York Yankees 3-2 Monday night to even their AL division series at one game apiece.

Chris Davis drove in two runs for the Orioles, who used the same formula that got them into the post-season for the first time in 15 years: A magnificent bullpen and an ability to win tight games. Baltimore was 29-9 in one-run decisions during the regular season and 74-0 when leading after seven innings.

Major league saves leader Jim Johnson, roughed up for five runs in a Game 1 loss, pitched a perfect ninth to close it out.

Game 3 of the best-offive series will be held at Yankee Stadium on Wednesday

THE ASSOCIATED PRESS



# Answering the call of fall in St. Louis

MLB. Cardinals show championship resolve in 'must-win game' against Nationals

Never count out the St. Louis Cardinals in October — especially after they lose a series

Carlos Beltran hit the last two of the Cardinals' four homers and St. Louis chased an ineffective Jordan Zimmermann early in a 12-4 rout of the Washington Nationals on Monday that tied their NL division series at one game

apiece.
"We know this offence has the potential to do this," Cardinals rookie manager Mike Matheny said. "It was nice

to see this, and hopefully it becomes contagious and the guys just keep going."

Allen Craig and Daniel Descalso also went deep to help the defending World Series champions build a big lead that compensated for a twoinning start from an ailing Jaime Garcia. Craig hit his fifth career post-season homer and scored three times.

Ryan Zimmerman Adam LaRoche hit consecutive homers in the fifth for the Nationals, who head home for the remainder of the bestof-five series. But the NL East champions are without allstar ace Stephen Strasburg, shut down for the rest of the season early last month to protect his surgically repaired

Game 3 is Wednesday afternoon at Nationals Park. Edwin Jackson starts for Washington against longtime Cardinals ace Chris Carpenter, who made only three starts during the regular season because of

"Today, for us, was a must-win game," Beltran said.

The Cardinals seem to live for those. They lost the division series and NLCS openers last fall, then finished strong in the World Series after spot-

ting Texas a 3-2 lead. So, they're on familiar

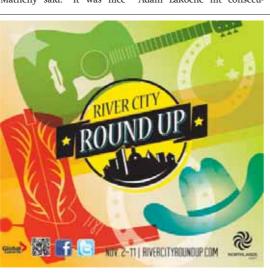
ground.

"We knew how big this game was for us," centre-fielder Jon Jay said. "We've seen it all year — when we are able to do that, we are pretty dangerous.

Beltran homered twice in the post-season for the third time in his career, connecting in the sixth off Mike Gonzalez and eighth off Sean Burnett. Jay had two hits and three RBIs, plus an outstanding catch at the centre-field wall to deprive Danny Espinosa of extra bases in the sixth.

"One of the best catches I've seen. I think it's his best catch of the year," Matheny said. "He barely looked up as he was hitting the wall. Very impressive." THE ASSOCIATED PRESS







metr⊕ **SPORTS** 

NFL													
AMERICAN	V CC	NF	ER	ENCE	:		NATIONAL	L CO	NF	ER	ENCE		
EAST							EAST						
New England N.Y. Jets Miami Buffalo	W 3 2 2 2	<b>L</b> 2 3 3 3	0 0 0 0	Pct .600 .400 .400 .400	PF 165 98 103 118	PA 113 132 103 176	Philadelphia N.Y. Giants Dallas Washington	W 3 3 2 2	<b>L</b> 2 2 2 3	<b>T</b> 0 0 0	.600 .600 .500 .400	PF 80 152 65 140	PA 99 111 88 147
SOUTH							SOUTH						
Houston Indianapolis Jacksonville Tennessee	W 5 2 1 1	0 2 4 4	0 0 0 0	Pct 1.000 .500 .200 .200	PF 149 91 65 88	73 110 138 181	Atlanta Tampa Bay Carolina New Orleans	W 5 1 1	0 3 4 4	0 0 0 0	Pct 1.000 .250 .200 .200	PF 148 82 92 141	93 91 125 154
NORTH							NORTH						
Baltimore Cincinnati Pittsburgh Cleveland	W 4 3 2 0	<b>L</b> 1 2 2 5	0 0 0 0	Pct .800 .600 .500 .000	PF 130 125 93 100	PA 89 129 89 139	Minnesota Chicago Green Bay Detroit	W 4 4 2 1	1 1 3 3	0 0 0 0	Pct .800 .800 .400 .250	PF 120 149 112 100	79 71 111 114
WEST							WEST						
San Diego Denver Oakland Kansas City	W 3 2 1 1	<b>L</b> 2 3 4	0 0 0 0	Pct .600 .400 .250 .200	PF 124 135 67 94	PA 102 114 125 145	Arizona San Francisco St. Louis Seattle	W 4 4 3 3	1 1 2 2	T 0 0 0	Pct .800 .800 .600	94 149 96 86	78 68 94 70

#### WEEK 5

Monday's result Houston 23 N.Y. Jets 17 Sunday's results Raltimore 9 Kansas City 6 Atlanta 24 Washington 17 Pittsburgh 16 Philadelphia 14 Indianapolis 30 Green Bay 27 N.Y. Giants 41 Cleveland 27 Miami 17 Cincinnati 13 Seattle 16 Carolina 12 Chicago 41 Jacksonville 3 San Francisco 45 Buffalo 3 Minnesota 30 Tennessee 7 New England 31 Denver 21 New Orleans 31 San Diego 24 Thursday's result St. Louis 17 Arizona 3

#### **WEEK 6**

**Thursday's game — All Times Eastern** Pittsburgh at Tennessee, 8:20 p.m. Sunday's games Oakland at Atlanta 1 n m Kansas City at Tampa Bay, 1 p.m. Indianapolis at N.Y. Jets, 1 p.m. Cincinnati at Cleveland, 1 p.m. Detroit at Philadelphia, 1 p.m St. Louis at Miami, 1 p.m. Dallas at Baltimore, 1 p.m. Buffalo at Arizona, 4:05 p.m. New England at Seattle, 4:05 p.m N.Y. Giants at San Francisco, 4:25 p.m. Minnesota at Washington, 4:25 p.m. Green Bay at Houston, 8:20 p.m. Monday, Oct. 15

#### GOLF

#### PGA—SHRINER'S OPEN At Las Vegas Par 71 Final Round

61-68-65-66-260

62-66-66-67—261 64-64-66-70—264

69-68-64-65—266 67-69-67-66—269 66-68-71-65—270

67-66-73-64-270 65-70-68-68-271

71-66-64-70—271 63-68-68-73—272 67-66-66-73—272

66-66-71-69-272

70-67-66-70—273 68-69-70-66—273 63-69-72-69—273

68-67-66-72-273

66-67-68-72-273 70-66-68-69-273

67-67-74-65—273 69-67-70-67—273

70-66-68-69-273

68-70-67-69-274

69-68-68-69—274 66-68-73-67—274

70-65-72-67-274

68-66-70-70—274 65-69-70-70—274 68-67-68-71—274 70-65-67-72—274

Ryan Moore, \$810,000 Brendon de Jonge, \$486,000 Jonas Blixt, \$306,000 Jason Day, \$216,000 Bill Lunde, \$180,000 Richard H. Lee, \$156,375 Scott Piercy, \$156,375 Blake Adams, \$135,000 Jason Bohn, \$135,000 Tim Herron, \$112,500 Jimmy Walker, \$112,500 Nick Watney, \$112,500 Bobby Gates, \$72,500 Mathew Goggin, \$72,500 John Huh, \$72,500 Colt Knost, \$72,500 Russell Knox, \$72,500 Jeff Overton, \$72,500 Heath Slocum, \$72,500 Brendan Steele, \$72,500 Brendan Steele, \$72,500 Michael Thompson, \$72,500 Angel Cabrera, \$39,488 Bob Estes, \$39,488 Robert Garrigus, \$39,488 John Mallinger, \$39,488 Kevin Na, \$39,488 Patrick Reed, \$39,488 Josh Teater, \$39,488 Josh Teater, \$39,488 David Hearn, \$29,250

#### CHAMPIONSHIP At Potomac, Maryland

Denver at San Diego, 8:30 p.m.

Par 70 Final Round David Lingmerth, \$108,000 Casey Wittenberg, \$64,800 Alistair Presnell, \$34,800 66-66-74-66-272 Philip Pettitt, Jr., \$34,800 Chris Wilson, \$24,000 Morgan Hoffmann, \$20,850 Bronson La'Cassie, \$20,850 Sam Saunders, \$16,200 Reid Edstrom, \$16,200 Will Wilcox, \$16,200 Josh Persons, \$16,200 Tom Hoge, \$16,200 Brian Stuard, \$12,000 Luke List, \$12,000 Rob Oppenheim, \$10,800 Cliff Kresge, \$7,880
Tag Ridings, \$7,880
Camilo Benedetti, \$7,880
Glen Day, \$7,880
Stuart Anderson, \$7,880 Joe Durant, \$7,880 Michael Putnam \$7 880 Brad Fritsch, \$7,880 D.J. Brigman, \$7,880 Robert Streb, \$4,800 **Adam Hadwin, \$4,800** 

### WEB.COM—NEEDIEST KIDS

67-69-68-69-273 65-70-70-69-274 66-71-68-69-274 70-68-67-70-275 69-69-72-68—278 67-67-75-69—278 66-73-71-69—279 69-72-67-71-279 65-71-69-74-279 65-68-69-77-279 69-65-69-76—279 68-70-73-69—280 68-72-66-74-280 68-72-70-71-281 70-69-73-70-282 72-70-70-70-282 69-68-74-71-282 67-73-72-70-282 **69-73-71-69-282** 73-69-72-68-282 71-69-70-72-282 67-66-74-75—282 66-70-70-76—282 68-72-73-70—283

#### SOCCER

#### MLS

#### EASTERN CONFERENCE

	VV	L	- 1	Pts	GF	G
x-Kansas City	17	7	8	59	40	2
x-Chicago .	17	10	5	56	45	3
D.C.	16	10	6	54	49	4
New York	15	9	8	53	54	4
Houston	13	8	11	50	45	3
Columbus	14	11	7	49	40	4
Montreal	12	15	5	41	45	
Philadelphia	10	15	6	36	35	1
New England	7	17	8	29	37	4
Toronto FC	5	20	7	22	35	6
				_		

#### WESTERN CONFERENCE

	W	L	Т	Pts	GF	G							
x-San Jose	19	6	7	64	69	4							
x-Real Salt Lake	17	11	4	55	46	3							
x-Seattle	14	7	10	52	48	3							
x-Los Angeles	15	12	5	50	56	4							
Vancouver	11	12	9	42	35	4							
FC Dallas	9	12	11	38	39	4							
Colorado	9	19	4	31	40	5							
Portland	7	16	9	30	32	5							
Chivas USA	7	17	8	29	22	5							
NOTE: Three points fo	rvic	torv	/, or	ne poi	nt fo	r tie							
P 1 1 1 661		,	,	. ,									

Sunday's results Columbus 1 Sporting Kansas City 1 Chivas USA 1 FC Dallas 1

Seattle FC 3 Portland 0 Saturday's results
D.C. United 1 Toronto FC 0
Chicago 2 New York 0 Philadelphia 1 New England 0 Houston 1 Montreal 1 San Jose 4 Colorado 1

San Jose 4 Colorado 1 Real Salt Lake 2 Los Angeles 1 **Wednesday, Oct. 17 — All Times Eastern** Real Salt Lake at Seattle FC, 11 p.m. **Saturday, Oct. 20** 

Saturday, Oct. 20 Montreal at Toronto FC, 1:30 p.m. Sporting Kansas City at New York, 7 p.m Columbus at D.C. United, 7:30 p.m. Chicago at New England, 7:30 p.m. Philadelphia at Houston, 7:30 p.m. Colorado at Chivas USA, 10:30 p.m.

Sunday, Oct. 21
Los Angeles at San Jose, 7 p.m.
Portland at Vancouver, 7 p.m.
FC Dallas at Seattle FC, 9 p.m.

#### **ENGLAND — PREMIER LEAGUE**

Sunday's results Southampton 2 Fulham 2 Liverpool 0 Stoke City 0
Tottenham 2 Aston Villa 0
Manchester United 3 Newcastle 0

#### FRANCE - LIGUE 1

Sunday's results Brest 1 Bordeaux 1 Lorient 1 Lyon 1 Marseille 2 Paris Saint-Germain 2

#### GERMANY — BUNDESLIGA

**Sunday's results**Borussia Moenchengladbach 2 Frankfurt 0 Stuttgart 2 Rayer Leverkusen 2 Hannover 1 Borussia Dortmund 1

#### ITALY - SERIE A

Sunday's results Roma 2 Atalanta 0 Catania 2 Parma ( Lazio 3 Pescara 0 Juventus 2 Siena 1 Cagliari 1 Torino 0 Inter Milan 1 AC Milan 0 Vapoli 2 Udinese 1

#### SPAIN - PRIMERA

Sunday's results Levante 1 Valencia 0 Granada 2 Mallorca 1 Athletic Bilbao 1 Osasuna 0 Barcelona 2 Real Madrid 2 Atletico Madrid 2 Malaga 1

#### CFL

#### WEEK 15

EAST DIVISION										
	GP	W	L	T	PF PA					
Montreal	14	8	6	0	382 405					
Toronto	14	7	7	0	327 357					
Hamilton	14	5	9	0	421 444					
Winnipeg	14	4	10	0	274 428					
WEST DIVISION										

	GP	W	L	Т	PF PA	1		
x-B.C.	14	10	4	0	365 271	1		
Calgary					398 329	:		
Saskatchewan	14	8	6	0	377 290	:		
Edmonton	14	6	8		314 334	:		
x — Clinched playoff berth.								

Week 15 Monday's results Saskatchewan 36 Toronto 10 Winnipeg 27 Montreal 22 Saturday's result B.C. 27 Calgary 22 Friday's result

Edmonton 35 Hamilton 20 Week 16

Montreal at Toronto, 1 p.m.

Friday's game — All Times Eastern B.C. at Hamilton, 7:30 p.m. Saturday's games Calgary at Winnipeg, 1 p.m. Saskatchewan at Edmonton, 4 p.m. Sunday, Oct. 14

#### **ROUGHRIDERS 36, ARGONAUTS 10**

First Quarter Sask — FG DeAngelis 17 2:17 Sask — TD Willy 1 run (DeAngelis convert) 6:00 Tor - FG Waters 48 11:15

Second Quarter

Sask - FG DeAngelis 45 1:16 Tor — TD Riggs 5 pass from Jackson (Waters convert) 4:39

Sask — FG DeAngelis 12 14:08

Sask — FG DeAngelis 48 14:58 Third Quarter Sask - FG DeAngelis 31 5:24

Sask — TD Sheets 48 run (DeAngelis convert) 9:29 Sask — TD Dressler 78 pass from Durant (DeAngelis convert) 11:25

No Scoring.

Saskatchewan	10	9 17 0	- 36			
Toronto	3	7 0 0	- 10			
Team Statistics		Sask	Tor			
First downs		18	13			
Yards rushing		121	58			
Yards passing		276	165			
Total offence		397	223			
Team losses		5	10			
Net offence		392				
Passes made-tried		21-29	17-36			
Return-yards		164	177			
Intercepts-yards by		1-0	0-0			
Fumbles-lost		1-0	1-1			
Sacks by		1	1			
Punts-average		8-44.3	12-40.0			
Penalties-yards		11-95	17-126			
Time of possession		34:36	25:24			
Individual						

Rushing: Sask — Sheets 19-113, West 3-7, Dressler 1-3, Willy 3-minus-2; Tor — Riggs 10-56, Owens 1-2. Receiving: Sask — Dressler 5-97, T.Smith 4-79,

West 3-28, Hughes 1-28, McHenry 3-21, Carr 2-15, Getzlaf 1-5, Sheets 2-3; Tor — Durie 4-51, Bradwell 3-33, Owens 4-26, Mann 2-26, J.Johnson 1-17, Riggs 3-12.

**Passing**: Sask — Durant 21-29, 276 yards, 1 TD, 0 ints; Tor - Jackson 16-31-162-1-1, Harris

Attendance — 25,716 at Toronto.

#### MLB

#### **AMERICAN LEAGUE** N.Y. YANKEES VS. BALTIMORE

(Series tied 1-1) Monday's result Baltimore 3 N.Y. Yankees 2 Sunday's result

N.Y. Yankees 7 Baltimore 2 Wednesday's game — All Times Eastern Baltimore (Gonzalez 9-4) at N.Y. Yankees Kuroda (16-11), 7:37 p.m.

Thursday's game Baltimore (Saunders 3-3) at N.Y. Yankees Friday, Oct. 12

x-Baltimore (Hammel 8-6) at N.Y. Yankees (Sabathia 15-6)

**OAKLAND VS. DETROIT** (Detroit leads series 2-0) Sunday's result Detroit 5 Oakland 4 Saturday's result Detroit 3 Oakland 1

Tuesday's game Detroit (Sanchez 4-6) at Oakland (Anderson 4-2), 9:07 p.m.

Wednesday's game x-Detroit (Scherzer 16-7) at Oakland (Griffin 7-1), 9:37 p.m.

Thursday's game x-Detroit (Verlander 17-8) at Oakland (Parker 13-8) x — If necessary

#### **TENNIS**

#### WTA GENERALI LADIES

At Linz, Austria Singles - First Round

Kiki Bertens, Netherlands, def. Mona Barthel, Germany, 7-6 (3), 1-6, 6-1. Sofia Arvidsson, Sweden, def. Lucie Safarova (4), Czech Republic, 3-6, 6-2,

Lucie Hradecka, Czech Republic, def. Silvia Soler-Espinosa, Spain, 6-3, 7-6 (5).

#### ATP SHANGHAI ROLEX MASTERS

At Shanghai, China Singles - First Round

Benoit Paire, France, def. Philipp Petzschner, Germany, 7-6 (2), 6-4. Sam Querrey, United States, def. The Li, China, 6-3, 6-1.

Grigor Dimitroy, Bulgaria, def. Pablo Anduiar, Spain, 7-5, 6-3. Tommy Robredo, Spain, def. Alex Rogomolov Jr., Russia, 7-6 (4), 6-4 Marin Cilic, Croatia, def. Lukasz Kubot. Poland, 7-5, 6-3.

Kevin Anderson, South Africa, def. Jarkko Nieminen, Finland, 6-2, 7-6 (4). Richard Gasquet (11), France, def. Brian Baker, United States, 6-2, 6-3. Andreas Seppi, Italy, def. Michael

Berrer, Germany, 6-2, 7-6 (5). Tommy Haas, Germany, def. Nicolas Almagro (9), Spain, 4-6, 7-6 (4), 6-2. Alexandr Dolgopolov, Ukraine, def. Jeremy Chardy, France, 6-3, 6-2,

#### **NATIONAL LEAGUE**

WASHINGTON VS. ST. LOUIS (Series tied 1-1) Monday's result St. Louis 12 Washington 4 St. Louis 12 Washington 4 Sunday's result Washington 3 St. Louis 2 Wednesday's game — All Times Eastern St. Louis (Carpenter 0-2) at Washington (Jackson 10-11), 1:07 p.m. Thursday's game St. Louis (Lohse 16-3) at Washington (Detwiler 10-8)

x-St. Louis at Washington SAN FRANCISCO VS. CINCINNATI

(Cincinnati leads series 2-0) Sunday's result Cincinnati 9 San Francisco 0 Saturday's result

Friday, Oct. 12

Cincinnati 5 San Francisco 2
Tuesday's game

Tuesday's game San Francisco (Vogelsong 14-9) at Cincinnati (Bailey 13-10), 5:37 p.m. Wednesday's game x-San Francisco (Cain 16-5) at Cincinnati (Latos 14-4), 4:07 p.m.

Thursday's game x-San Francisco (Bumgarner 16-11) at Cincinnati (Cueto 19-9) x — If necessary

#### **CARDINALS 12, NATIONALS 4**

CANDINAL		~,					LJT
	AB	R	Н		BB		Avg.
Werth rf	4	1	1	0	1	2	.222
Harper cf	5	0	1	0	0	4	.100
Zimmerman 3b	4	1	2	2	0	1	.333
LaRoche 1b	4	1	1	1	1	1	.125
Morse If	4	0	2	0	0	0	.375
Desmond ss	4	1	1	0	0	1	.500
Espinosa 2b	3	0	1	0	1	0	.167
K.Šuzuki c	4	0	0	0	0	2	.143
Zimmermann p	1	0	1	1	0	0	1.000
b-Bernadina ph	0	0	0	0	1	0	
Stammen p	0	0	0	0	0	0	
C.Garcia p	0	0	0	0	0	0	
c-Lombardozzi p		0	0	0	0	0	.000
Mic.Gonzalez p	0	0	0	0	0	0	
Mattheus p	0	0	0	0	0	0	
e-Tracy ph	1	0	0	0	0	0	.000
S.Burnett p	0	0	0	0	0	0	
Gorzelanny p	0	0	0	0	0	0	
Totals	35	4	10	4	4	11	
	AB	R	Н	BI	BB		Avg.
Jay cf	5	1	2	3	0	1	.250
Jay cf Beltran rf	5	1 2	2	3	0	1 0	.250 .375
Jay cf Beltran rf Holliday If	5 4 4	1 2 1	2 2 0	3 0	0 1 1	1 0 1	.250 .375 .000
Jay cf Beltran rf Holliday If Craig 1b	5 4 4 5	1 2 1 2	2 0 3	3 0 1	0 1 1 0	1 0 1	.250 .375 .000 .333
Jay cf Beltran rf Holliday lf Craig 1b Y.Molina c	5 4 4 5 4	1 2 1 2	2 2 0 3 2	3 3 0 1	0 1 1 0 1	1 0 1 1 0	.250 .375 .000 .333 .286
Jay cf Beltran rf Holliday lf Craig 1b Y.Molina c Freese 3b	5 4 4 5 4 3	1 2 1 1 1	2 2 0 3 2 1	3 0 1 0 1	0 1 1 0 1	1 0 1 1 0 0	.250 .375 .000 .333 .286 .429
Jay cf Beltran rf Holliday lf Craig 1b Y.Molina c Freese 3b Descalso 2b	5 4 4 5 4 3 4	1 2 1 1 2	2 2 0 3 2 1 2	3 0 1 0 1 2	0 1 1 0 1 1 0	1 0 1 1 0 0 0	.250 .375 .000 .333 .286 .429 .333
Jay cf Beltran rf Holliday lf Craig 1b Y.Molina c Freese 3b Descalso 2b Kozma ss	5 4 4 5 4 3 4 3	1 2 1 2 1 1 2 2	2 2 0 3 2 1 2	3 0 1 0 1 2 0	0 1 1 0 1 1 0 1	1 0 1 1 0 0 0	.250 .375 .000 .333 .286 .429 .333 .200
Jay cf Beltran rf Holliday lf Craig 1b Y.Molina c Freese 3b Descalso 2b Kozma ss J.Garcia p	5 4 4 5 4 3 4 3 0	1 2 1 2 1 1 2 2 0	2 2 0 3 2 1 2	3 0 1 0 1 2 0	0 1 1 0 1 1 0 1	1 0 1 1 0 0 0 0 2	.250 .375 .000 .333 .286 .429 .333 .200
Jay cf Beltran rf Holliday lf Craig 1b Y.Molina c Freese 3b Descalso 2b Kozma ss J.Garcia p a-Schumaker ph	5 4 5 4 3 4 3 0	1 2 1 2 1 1 2 0 0	2 0 3 2 1 2 0 0	3 0 1 0 1 2 0 0 1	0 1 1 0 1 1 0 1 0	1 0 1 1 0 0 0 2 0	.250 .375 .000 .333 .286 .429 .333 .200
Jay cf Beltran rf Holliday If Craig 1b Y.Molina c Freese 3b Descalso 2b Kozma ss J.Garcia p a-Schumaker ph Lynn p	5 4 4 5 4 3 4 3 0 1	1 2 1 2 1 1 2 0 0	2 2 0 3 2 1 2 1 0 0	3 3 0 1 0 1 2 0 0 1 0	0 1 1 0 1 1 0 1 0 0	1 0 1 1 0 0 0 2 0 0	.250 .375 .000 .333 .286 .429 .333 .200
Jay cf Beltran rf Holliday lf Craig 1b Y.Molina c Freese 3b Descalso 2b Kozma ss J.Garcia p a-Schumaker ph Lynn p J.Kelly p	5 4 4 5 4 3 4 3 0 1 0 0	1 2 1 2 1 1 2 2 0 0 0	2 2 0 3 2 1 2 1 0 0 0	3 3 0 1 0 1 2 0 0 1 0 0	0 1 1 0 1 1 0 1 0 0 0 0 0 0 0 0 0 0 0	1 0 1 1 0 0 0 0 2 0 0 0	.250 .375 .000 .333 .286 .429 .333 .200 
Jay cf Beltran rf Holliday lf Craig 1b Y.Mollina c Freese 3b Descalso 2b Kozma ss J.Garcia p a-Schumaker ph Lynn p J.Kelly p d-S.Robinson ph	5 4 4 5 4 3 4 3 0 1 0 0 1	1 2 1 2 1 1 2 2 0 0 0 0	2 2 0 3 2 1 2 1 0 0 0 0	3 3 0 1 0 1 2 0 0 1 0 0	0 1 1 0 1 1 0 1 0 0 0 0 0 0 0 0 0 0	1 0 1 1 0 0 0 0 0 0 0 0 0	.250 .375 .000 .333 .286 .429 .333 .200
Jay cf Beltran rf Holliday lf Craig 1b Y.Molina c Freese 3b Descalso 2b Kozma ss J.Garcia p a-Schumaker ph Lynn p J.Kelly p d-S.Robinson ph Mujica p	5 4 4 5 4 3 4 3 0 1 0 0 1 0 0 1 0	1 2 1 2 1 1 2 2 0 0 0 0 0	2 2 0 3 2 1 2 1 0 0 0 0 0	3 3 0 1 0 1 2 0 0 0 1 0 0 0	0 1 1 0 1 1 0 0 0 0 0 0 0 0	1 0 1 1 0 0 0 0 2 0 0 0 0 0	.250 .375 .000 .333 .286 .429 .333 .200 
Jay cf Beltran rf Holliday lf Craig 1b Y.Mollina c Freese 3b Descalso 2b Kozma ss J.Garcia p a-Schumaker ph Lynnp J.Kelly p d-S.Robinson ph Mujica p Boggs p	5 4 4 5 4 3 4 3 0 1 0 0 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0	1 2 1 2 1 1 2 2 0 0 0 0 0	2 2 0 3 2 1 2 1 0 0 0 0 0	3 3 0 1 0 1 2 0 0 0 0 0 0 0 0 0 0 0 0	0 1 1 0 1 1 0 0 0 0 0 0 0 0 0 0	1 0 1 1 0 0 0 0 2 0 0 0 0 0	.250 .375 .000 .333 .286 .429 .333 .200 
Jay of Beltran rf Holliday If Craig 1 b Y.Molina c Freese 3b Descalso 2b Kozma ss J.Garcia p a-Schumaker ph Lynn p J.Kelly p d-S.Robinson ph Mujica p Boggs p F.M.Carpenter p F.M.Carpenter p	5 4 4 4 5 4 3 0 1 0 0 1 0 0 h 1	1 2 1 2 1 1 2 2 0 0 0 0 0 0 0	2 2 0 3 2 1 2 1 0 0 0 0 0 0	3 3 0 1 0 1 2 0 0 0 0 0 0 0 0 0 0	0 1 1 0 1 1 0 0 0 0 0 0 0 0 0 0 0	1 0 1 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	.250 .375 .000 .333 .286 .429 .333 .200 
Jay cf Beltran rf Holliday lf Craig 1b Y.Molina c Freese 3b Descalso 2b Kozma ss J.Garcia p a-Schumaker ph Lynn p J.Kelly p d-S.Robinson ph Mujica p Boggs p f-M.Carpenter p Rosenthal p	5 4 4 4 5 4 3 4 3 0 1 0 0 0 1 0 0 h 1 0	1 2 1 2 1 1 2 2 0 0 0 0 0 0 0 0	2 2 2 0 3 2 1 2 1 0 0 0 0 0 0 0 0	3 3 0 1 0 1 2 0 0 0 0 0 0 0 0 0 0	0 1 1 0 1 1 0 0 0 0 0 0 0 0 0	1 0 1 1 0 0 0 0 2 0 0 0 0 0 0 0 0 0 0 0	.250 .375 .000 .333 .286 .429 .333 .200 
Jay cf Beltran rf Holliday lf Craig 1b Y.Molina c Freese 3b Descalso 2b Kozma ss J.Garcia p a-Schumaker ph Lynn p J.Kelly p J.Kelly p Boggs p f-M.Carpenter p Rosenthal p Totals	5 4 4 4 5 4 3 0 1 0 0 1 0 0 h 1	1 2 1 2 1 1 2 2 0 0 0 0 0 0 0 0 0 1 1 2	2 2 0 3 2 1 2 1 0 0 0 0 0 0	3 3 0 1 0 1 2 0 0 0 0 0 0 0 0 0 0	0 1 1 0 1 1 0 0 0 0 0 0 0 0 0 0 0 0 5	1 0 1 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	.250 .375 .000 .333 .286 .429 .333 .200 

Washington St. Louis 010 020 100 - 4 10 2 041 201 04X - 12 13 0 041 201 04X - 12 13 0

IP H RERBBSO NP ERA
0-137 5 5 0 2 63 15.00

½ 1 2 2 2 0 20 13.50

1½ 0 0 0 2 2 28 0.00

1 0 1 1 1 1 0 1 16 9.00

1 0 0 0 0 0 12 0.00

½ 3 4 3 1 1 129 40.50

½ 1 0 0 0 0 0 3 0.00 Stammen C.Garcia Mic.Gonzalez Mattheus S.Burnett Gorzelanny

Search over 50,000 used cars, fast and free.

69-72-72-70-283





Whether you want to buy a car, truck or SUV, AutoCatch.com offers a comprehensive selection of



BY MICHAEL WIESENBERG

#### ↑ Aries

#### March 21 - April 20

What can you do to make the world a better place? The Sun and Jupiter will put you in a position where you can make it happen today. But you must avoid negative thinking. See only the best in people.

#### **Taurus** April 21 - May 21

Don't waste time on negative individuals who don't see life through your rose-tinted spectacles. You were born to take risks and you were born to have fun, so what are you waiting for? Go for it, Taurus!

#### II Gemini May 22 - June 21

If others get the idea that you are about to make changes, they might use it as an excuse to make changes of their own and they may not be to your liking. Why not just leave things as they are?

#### Gancer

June 22 - July 23

Don't follow the herd: Go your own way, do your own thing and don't worry if you seem to be the only one who believes certain things. It just means you are the only one who is right!

#### $\Omega$ Leo July 24 - Aug. 23

Your powers of persuasion will convince everyone that you know what you are doing and that you can be trusted. Hopefully it is true but even if it is not, you will have a great excuse ready to deflect any

#### **W** Virgo Aug. 24 - Sept. 23

You can, if you wish, change your ways but don't lose sight of who you really are. Whatever changes you make, you will still be the same person you have always been — and you should be proud of that.

#### △ Libra

Sept. 24 - Oct. 23

Take the most direct route to wherever it is you want to go. Both at home and at work you will enjoy yourself more today if you don't make life too complicated for yourself.

#### M Scorpio

Oct. 24 - Nov. 22

Even if you are the kind of Scorpio who thinks carefully and slowly about everything, you will still come up with some wonderful ideas today. Make sure they are ideas that can be exploited for your own

#### Sagittarius Nov. 23 - Dec. 21

You will learn something new about a friend today — some-thing you would not have guessed in a million years. It only goes to show that everyone has secrets. Be careful, you don't let your own secrets show!

#### **17** Capricorn

Dec. 22 - Jan. 20

You can increase your chances of success and happiness today simply by finding the courage to take some kind of risk. Don't worry that it might go wrong. Even if it does, good will still come of it.

#### Aquarius Jan. 21 - Feb. 19

Take a more relaxed approach to life today, especially on the work front where you have gone about as far as you can by effort alone. You won't solve problems just by throwing yourself at them

#### H Pisces

Feb. 20 - March 20

Your heart is beating faster and your pulse is pumping like it knows something good is about to happen. And it is. The planets will bring you a surprise today that you'll enjoy. SALLY BROMPTON

#### Across

- la la
- 4. Bond creator Fleming
- 7. Unwanted email 11. Accelerator particles
- 13. Finished
- 15. Mexican restaurant fare
- 16. Construct
- 17. Charming and confident
- 18. National police
- 19. Provincial grouping, with "the"
- 21. "Vous ici": French shopping mall map indica-
- 22. Ready: Fr.
- 23. That girl 25. Gossamer
- 27. Cinemas
- 32. Light-colored, as hair
- 33. Judge's domain
- 34. Galena or cinnabar
- 35. Where Ontario, Québec, and the Maritimes are located
- 36. "Water Lilies" painter Claude
- 37. Raymond \_\_\_: New Westminster, BC-born Westminster, Perry Mason portrayer
- 38. Adam's mate 39. Acts gloomy
- Aladdin , character
- voiced by Robin Williams 41. One of Winnipeg's
- main waterways (2 wds.) 43. Gives money (to)
- 44. Cherry tree chopper 45. Result of 43-Across
- 46. Russian leader before 1917
- 49. See 43-Down (2 wds.)

- 54. Ireland, to its natives
- 56. Slave away
- 58. Summer drinks
- 59. Appellations

- sons
- 2. Wander
- singer-composer Paul
- 6. Guelph, Ontario-born

- 9. #1 position
- 10. Spill cleaners
- 12. Biblical tempter of 38-Across
- 14. Baked Alaska or
- baklava
- 20. Angered
- a driveway
- 27. Printer need
- 29. \_\_\_ of golf: 18 holes,
- 30. "To human, to
- 31. Devoid of moisture

- 55. Teheran resident

- 60. Ripped 61. Chair or bench
- 62. "N'est ce \_\_\_?": "Isn't that so?"
- 63. Flanders of The Simp-

#### Down

- Horton's
- 3. Ottawa-born My Way
- 4. Some Yukon natives
- 5. Eve's mate
- Scream star Campbell
- 7. Sesame \_\_\_: kids' educational show
- 8. Agreement

- 13. "Poly" add-on
- 24. Medicine \_\_\_\_, AB
  25. NWT's Great \_\_\_ Lake
- \_\_ down: washed, as
- 28. Tints
- forgive divine" (2 wds.)
- 32. Molson's, say 45. Country roads

: 11th Prime

- 33. Contend with difficul-46. Afternoon cupfuls 47. Coleslaw or fries, say 36. Takes residence (2
  - 48. Acreage
  - 50. Canadian Open hazard
  - 51. Dalai : chief Tibetan monk
  - 52. Midday
  - 53. Exhaust
  - \_\_ Zeppelin of rock



at metronews.ca/ answers.



See today's answers

WEEKDAYS 5:30 AM



How to play Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and

wds.)

37. R.B.

Minister (1930-35)

39. Blend together

42. Hardest to come by

43. With 49-Across, 12th

Prime Minister (1948-57)

40. Sport needs

#### Friday's Sudoku

6	3	5	7	9	1	2	4	6
7	1	6	2	4	0	9	3	5
9	2	4	2	5	0	0	1	7
8	7	8	4	2	3	6	9	1
2	9	1	6.	8	7	4	5	3
4	6	3	9	1	5	7	2	8
3	4	7	1	6	9	5	8	2
1	5	2	8	7	4	3	6	9
6	0	9	5	2	2	1	7	4

				1				
			3		7	5		
	8			6				
6	2				8			
							9	
	9				6	4	1	
		7			5		3	
9	3		5				7	
		9					2	
		6 2	6 2 9 7 9 3	8	9 7 9 3 5	9	8     6       8     8       6     8       9     6       4     5       9     5       9     6       4     5       9     5       9     6	8     6       8     8       8     8       8     9       9     6       4     9       9     6       7     5       3     3       9     7

TODAY

WEDNESDAY

<u>\*</u>





## A CAREER CHANGE

Read metr

work every

Monday & Wednesday.



#### Adventure! **Teach English Overseas**

- TESOL Certified in 5 Days In-Class or Online
- No Degree Required!

1.888.270.2941 Job Guaranteed!

Next in-class course: October 17th - 21st, 2012 Next Seminar: Oct 10<sup>th</sup>, 2012 @ 7pm Travelodge Edm South, 10320 - 45 Ave www.globaltesol.com





SLK Clearout - All SLK's reduced. Save \$10,000.



David Morris Fine Cars, 17407-111 Avenue, 780-484-9000, davidmorrisfinecars.com

Mercedes-Benz STAR DEALER

AMVIC LICENSEE